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# HIGH TIMES

MAY 2009

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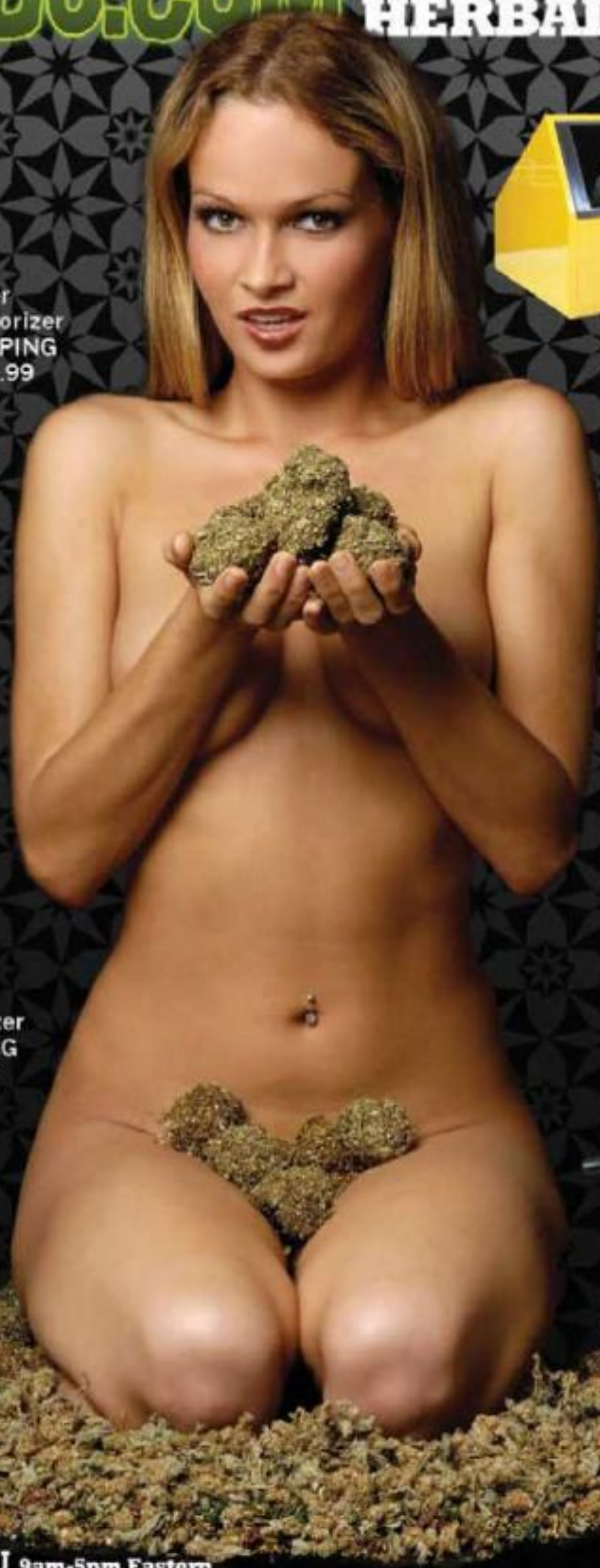
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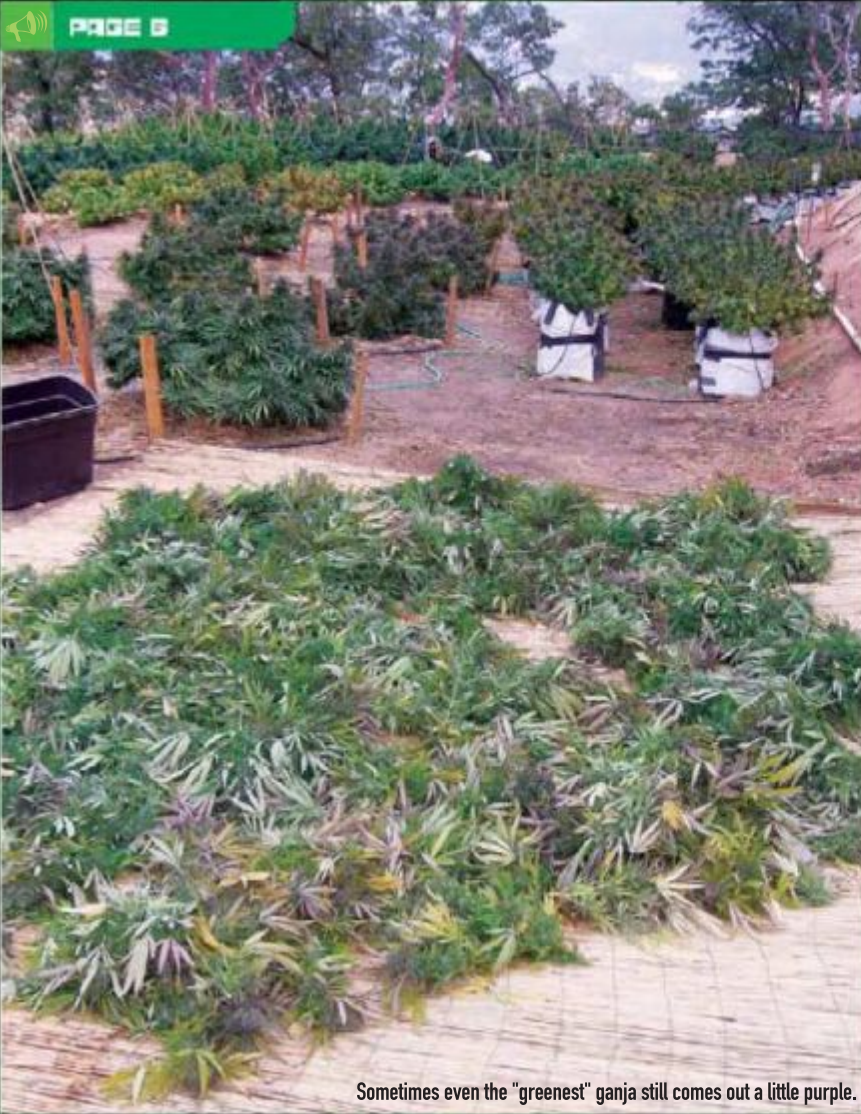
INTRODUCING:

## THE BLACK



A newly-stabilized BCBD seed release, this black beauty is an epic yielder with a pleasing flavour and a potent narcotic stone. It is fast becoming a favourite addition to gardens large and small.





Sometimes even the "greenest" ganja still comes out a little purple.

WATER BEAR

## THE GREEN ISSUE

You can certainly be forgiven for thinking that every issue of HIGH TIMES is a "green issue," given our consistent coverage of the world's greatest marijuana and how to grow your own. But it's also high time that cannabis smokers and growers started extending their definition of truly "green" ganja to include some basic concerns for the well-being of Mother Earth.

Check out "Weeditopia Emerging," starting on page 42, for an in-depth look at the many ways that properly cultivated pot can help save the planet, including a wide variety of tips on how to lower your own "cannabis footprint" whether you're a grower, a smoker, or both—including the advantages of growing outdoors, how to find "certified" organic marijuana, saving energy and money by avoiding costly and damaging chemical fertilizers and pesticides, and how-to guides for brewing your own compost tea, constructing your own rain barrels and building your own worm box. We also profile a group of concerned Northern California herb growers who've begun organizing around these important eco-principles.

Also, don't miss the HIGH TIMES interview with Michael Reynolds, founder of Earthship Biotecture, which creates futuristically efficient homes made of natural and recycled materials by adopting (and updating) some of the oldest construction techniques known to man. Plus there's our special report on building your own home out of hemp!

Of course, the quickest, easiest and best way to create "greener" ganja would be to legalize it once and for all, so we can start growing local, organic, outdoor ganja right in our own backyards. Now that's a goal worth rolling towards!

David Bienenstock  
Senior Editor

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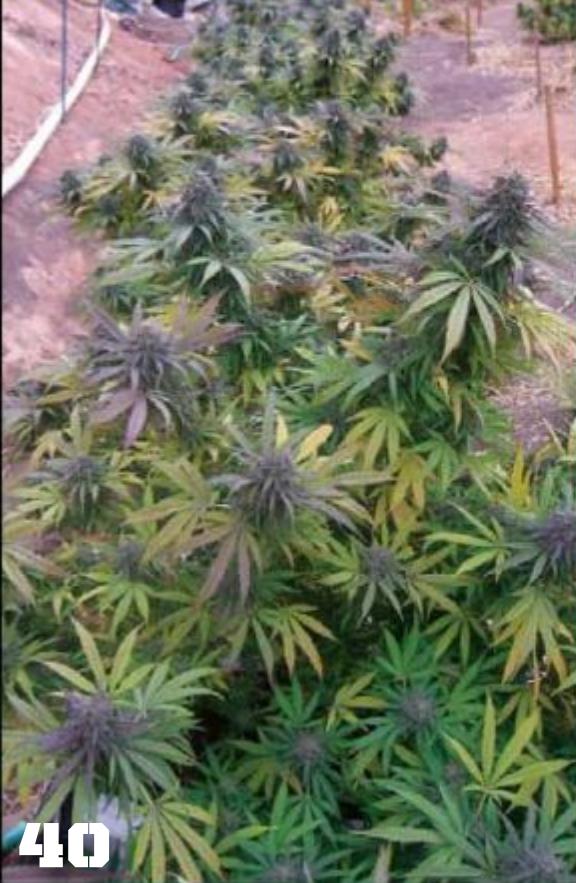
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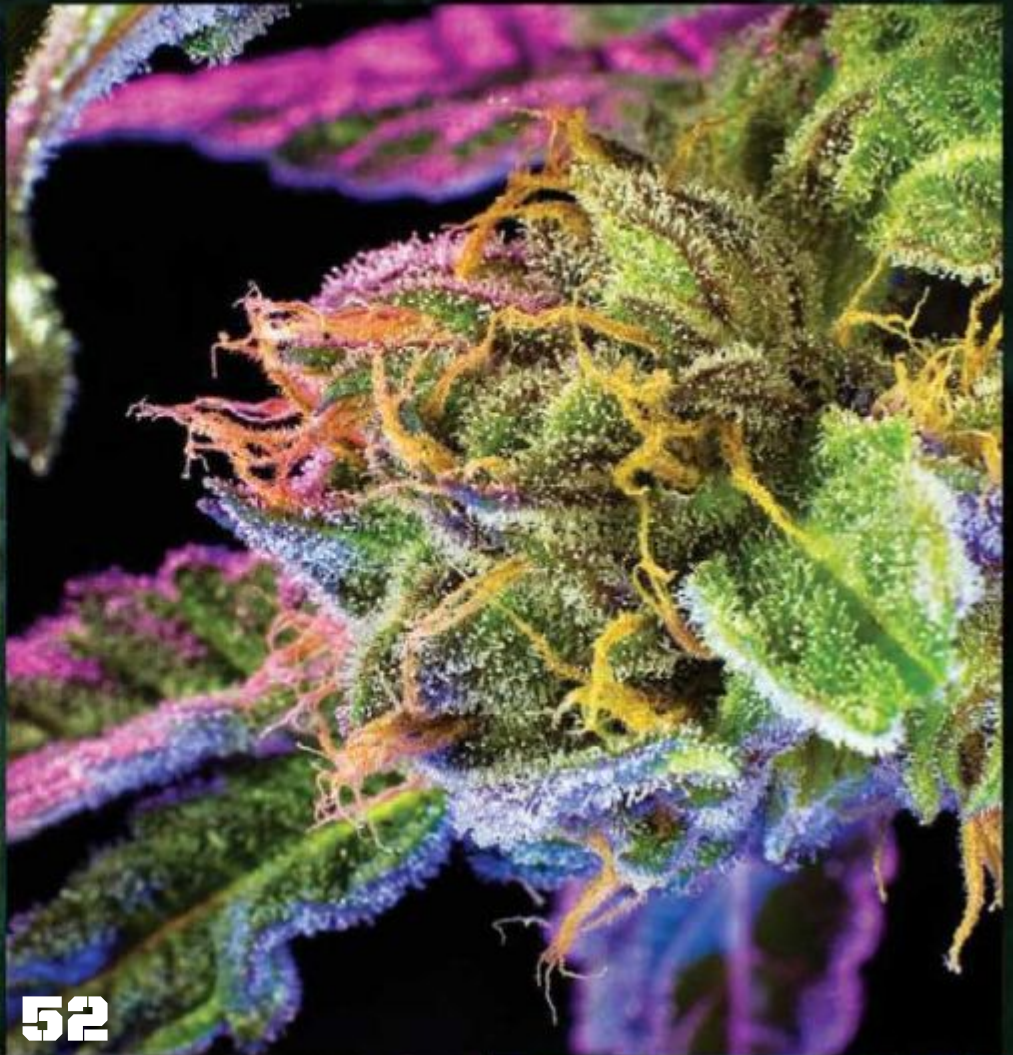
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# HIGH TIMES



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## features

### 34 CALIFORNIA'S PERFECT STORM

By Dan Skye. Some of California's top med-pot activists are declaring victory in the War on Drugs, and a fresh look at new developments on the West Coast seems to support their claim. Plus: A look inside MediCann and two top pot competitions.

### 40 WEEDITOPIA EMERGING

By David Bienenstock. Learn how to save money *and* the planet while growing the greatest, greenest ganja on Earth, including tips on brewing compost tea, building your own worm box, finding certified organic marijuana and lowering your "cannabis footprint."

### 52 CANADIAN BAKIN'

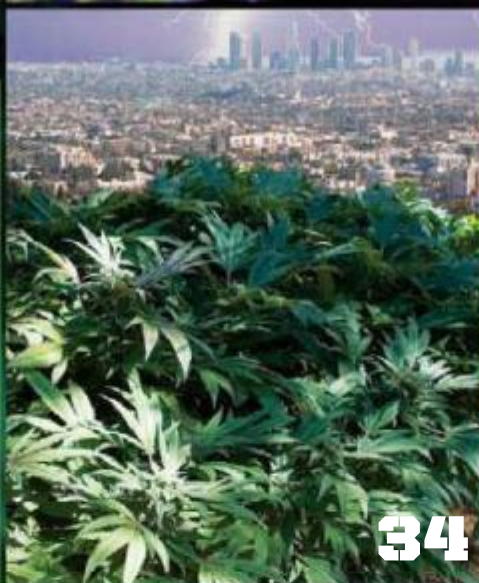
By Mamakind  
Contrary to the belief of many in the US, Canada is still struggling with the same ill-conceived cannabis laws that Americans deal with. But tolerance does make a difference! Also: Check out our province-by-province breakdown of the best strains in the Great White North.

### 66 HIGH CLASS

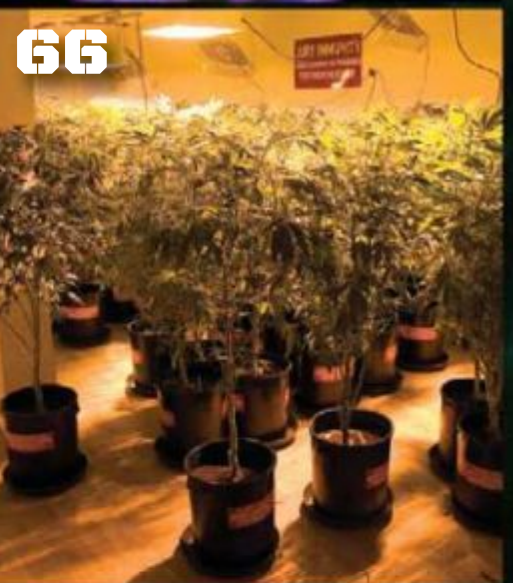
By David Bienenstock  
Earn a diploma in dank at Oaksterdam U., America's ultimate (and only) institution of "higher" learning.

### 72 THE HIGH TIMES INTERVIEW: MICHAEL REYNOLDS

By Bobby Black  
Ever dream of living off the grid and growin' dro right in your living room? With an eco-friendly Earthship house made from recycled materials you can! HT talks with architect Michael Reynolds about his visionary Earthship Biotechture.



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EDITED BY DAN SKYE

Our 400th issue; Mass-hole cops; High at the Inauguration; Stonehenge rocks!; Growroom giveaways; The master hoaxer; THC Expo; ShowBuzz; Hemp houses; Pot and mental health; Eagles of Death Metal; Tattoo-contest winners; Reviews; Vaporella; Miss HIGH TIMES; Almost Infamous; Brain Damage Control.

COVER: BRIAN JAHN STRAIN: CALI-O

### 81 growworld

EDITED BY DANNY DANKO & NICO ESCONDIDO

Edited by Danny Danko and Nico Escondido  
Pix of the Crop; Cannabis Clinic; Munchies; NORMLizer; Ask Dr. Mitch; Freedom Fighter; Airflow, by Big Croppa; Gear/Hot Products; Jorge's Rx and May Calendar.

### 110 next month

### 116 pot 40

CENTERFOLD: FREEBIE STRAIN: M-10

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**ACTIVISTS RULE!**

I'm writing as a sometime subscriber and student involved with drug-law reform. I've really been enjoying your recent interviews with cannabis activists! People like Steve Kubby, Marc Emery and Richard Lee are so inspiring for those of us who wish to see weed legalized during our lifetime and look for successful examples to follow in terms of strategy. Please keep it up!

*Amanda Jay*

PS: Thanks for putting Brown U. on the "Honor Roll"! They should actually call it *Green University* ...

**BORDER WARS**

I grew up along the Texas/Mexico border and also lived in San Diego/Tijuana for a while. I learned at a very young age not to cross the border in either direction in expensive RVs, vans or SUVs, because you were automatically assumed to be a drug dealer. You have to be very conservative in your appearance as well: I could cross the border with seeds and never get caught because of my appearance and demeanor. I got to be rather good at it. And I knew when there were personnel or shift changes, as well as any other changes done at the border. I also knew from an early age that Mexican prisons are atrocious. I'm a firm believer that we should legalize marijuana and get it over with. The War on Drugs has been a miserable failure.

*Connie*

**FREAK LEAF**

Have you ever seen a 12-pointed marijuana leaf? A garden I know of has produced this spawn of hell (or better: heaven), a plant that outgrew the rest and developed huge leaves. From birth, this plant has amazed my friends and me. It was a freak of nature, grown in a makeshift hydro system with a 400-watt metal halide light, with no fans and poor conditions—but this little freak took off like a bat out of hell.

*Kyle*

**MORE OUTDOOR INFO**

I always buy your magazine when I see the cover and it highlights articles on growing outdoors, since that's what I'm into. The tips and info for indoor growers sound great, but they aren't generally useful for us outdoor types. Also, some of us aren't as fortunate as the indoor growers, especially when the annual eradication flyovers find our patch.

*Ben*



**TINCTURES**

I'm not sure if this is the right place to ask, but I was just wondering if tinctures lose their potency after a while. I've made some myself, but after a month or so they seem to lose their effectiveness. I was taking it once a day and loved it, but now it seems to have lost its shaz-am. Any advice you have to offer would be great.

*Twig*

Tinctures are pretty new to us, too.

Maybe one of our readers can answer this one.

**GO GLASS!**

A friend called and said that your March issue is going to be a glass issue. My BF is an amazing glass blower, and I would like to know the process for having your work published in HT. I'm sure it's much too late for an issue coming out so soon, but how often do you feature glass in your magazine?

*Lizzard*

Dan Skye produces a glass issue annually, although he's thinking about expanding that coverage to two issues per year. You can email him at [danskye@hightimes.com](mailto:danskye@hightimes.com).

**MOLDY POT**

I stored some really aromatic buds in a baggie in a drawer out of sight for several weeks. When I recently retrieved them, I saw they had molded, including some I had broken apart and stored in a cigar tube. Is there anything I can do to kill the mold and make the herb safe to smoke? I was thinking of soaking it in rubbing alcohol (to kill the mold) and then drying it out on a paper towel. I realize that the best preventative measure for moldy pot is to "smoke it already," and in my day it wouldn't have lasted long enough to get moldy, but I'm not an active smoker (at least not lately). I sure hate to throw it away or otherwise waste my purchase.

*Anxious in Anchorage*

Sorry, but your only option is to discard the weed. The best way to prevent mold is to make sure the buds are fully cured and dried before you bag them. Also, if you plan to store cannabis for a long time, consider freezing the buds.

Send your letters to: Feedback c/o HIGH TIMES, 419 Park Avenue South, 16th floor, New York, NY 10016. Email: [hteditor@hightimes.com](mailto:hteditor@hightimes.com). We reserve the right to edit for length and clarity.



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According to acoustic experts, the Druids were rolling at Stonehenge.

# 400 MILE STONE

You're holding the 400th issue of **HIGH TIMES** in your hands. Those of you who own all 400 issues may have grandchildren—even great-grandchildren. We salute you! Here are some other notable 400s:

In 400 BC, Alexander the Great defeats the Persians, despite the superiority of their hash.

In 400 AD, chrysanthemums are introduced in Japan. On an equally pleasant note, the Goths are slaughtered by the Huns on the Danube River.

400 years ago, the Basque witch trials get underway, the largest witch hunt of the Spanish Inquisition. Nearly 2,000 "witches" confess. Torture tends to do that.

*The 400 Blows* is released in 1959. Directed by François Truffaut, the film is considered a classic. It has subtitles, so we never saw it.

The *Forbes* 400 requires that you have a net worth of at least \$1.3 billion to qualify. Of course, that doesn't mean you're worth *shit!*

400 is the benchmark for baseball's best hitters. Ted Williams last did it in 1949, which made him immortal. His family made him immortal, too: They cut off his head and froze it so they can bring him back to life later.

The record for the 400-meter dash—43.18 seconds, set by Michael Johnson in 1999—has stood for nearly 10 years. Speed thrills!

400 calories is what the average slice of apple or cherry pie will cost you. But whoever eats an average slice of pie?

400 scientists disputed the existence of global warming in a Senate report released in January. Unfortunately, among the 400, 84 took money from or were otherwise connected to the fossil-fuel industries, 44 were TV weathermen, 20 were economists, and 70 had no apparent expertise in climate science.

The Cessna 400 is the world's fastest fixed-gear aircraft. Smugglers, take note!

## STONEDHENGE ROCKS!

In the classic rock-documentary spoof *This Is Spinal Tap*, dimwitted Nigel Tufnel takes the stage in a cowl and cape and speaks spookily about the ancient Druids who hung out at Stonehenge: "Nobody knows who they were ... or what they were doing."

Well, now we know! It was Rave City, dude!

Rupert Till, an expert in acoustics and music technology at Huddersfield University in the UK, believes the standing stones had the right acoustics to amplify certain sounds. He even speculates that Stonehenge may have been used for ancient raves, because the standing stones had the ideal acoustics to amplify a "repetitive trance rhythm," he says.

Stonehenge is located in the English county of Wiltshire. Erected 4,500 years ago, the huge stones have long fascinated archaeologists and mystics. Although the site is partially collapsed now, Till theorizes that the original Stonehenge probably had a "very pleasant, almost concert-like acoustic."

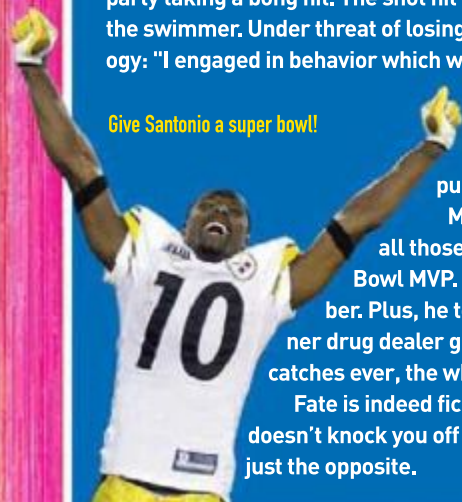
## HIGH HEROES OF SPORT

Top jocks prove that pot and athletic performance are natural partners.

Years ago, the TV comedy show *Laugh In* featured a weekly segment called "The Fickle Finger of Fate." Early this year, everybody got to see exactly how it operates.

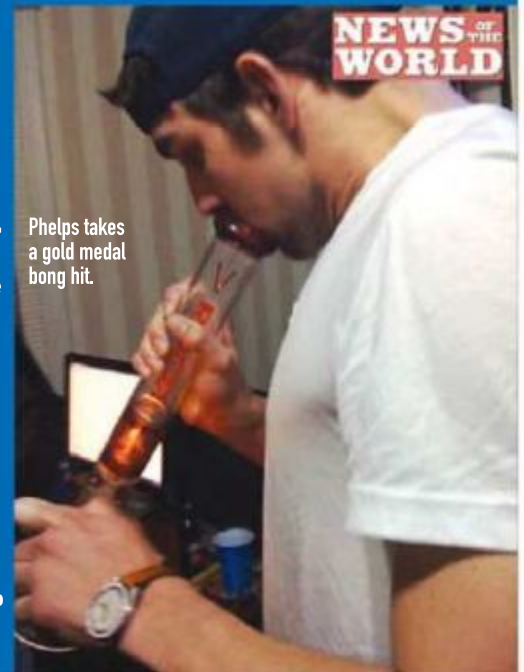
In November, Olympic phenomenon Michael Phelps was photographed at a South Carolina college party taking a bong hit. The shot hit the media in January and everybody went bonkers condemning the swimmer. Under threat of losing lucrative endorsement deals, Phelps delivered a lame-ass apology: "I engaged in behavior which was regrettable and demonstrated bad judgement. I'm 23 years old, and despite the successes I've had in the pool, I acted in a youthful and and inappropriate way, not in a manner people have come to expect from me. For this I am sorry. I promise my fans and the public it will not happen again."

Give Santonio a super bowl!



Maybe Phelps should have revealed his love for pot prior to winning all those gold medals. It worked for Santonio Holmes, this year's Super Bowl MVP. The Pittsburgh Steeler wide receiver was busted for pot last October. Plus, he told the media prior to the big game that he had been a street corner drug dealer growing up. After Holmes made one of the greatest Super Bowl catches ever, the whole issue of pot and drugs just seemed to fade away.

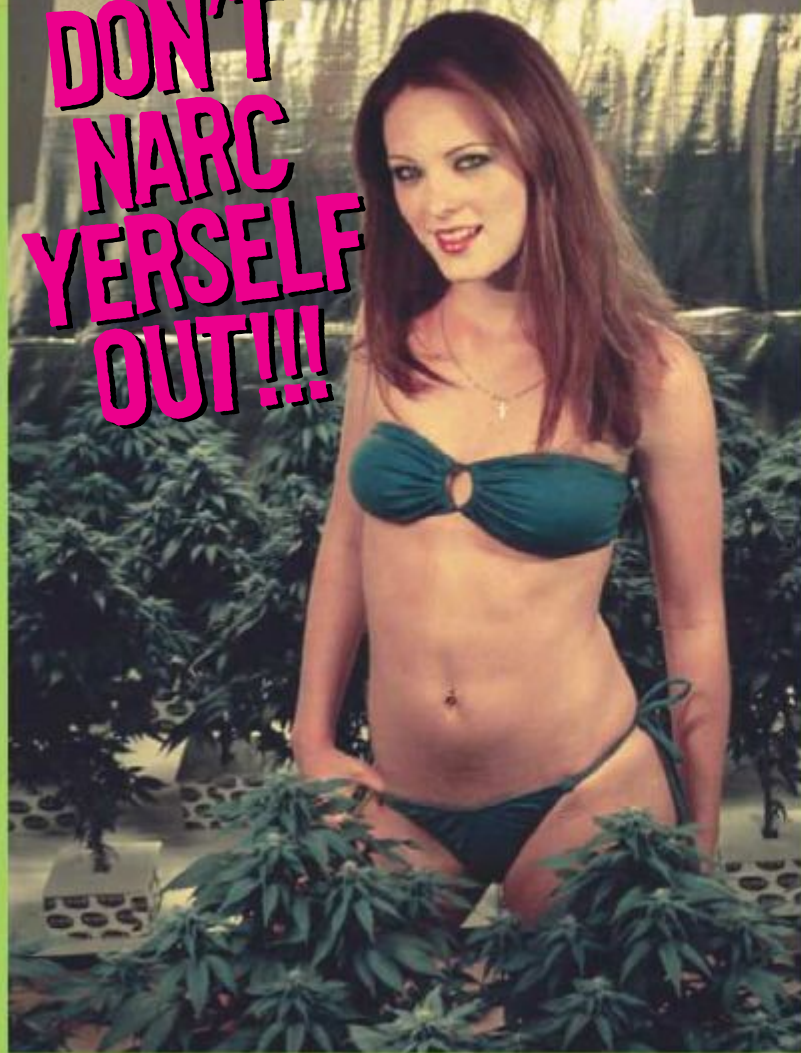
Fate is indeed fickle, but we're thankful once again for additional evidence that pot doesn't knock you off your game. Considering the feats of Phelps and Holmes, it may do just the opposite.



Phelps takes a gold medal bong hit.



**DON'T  
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OUT!!!**



**TOP 10 GIVEAWAYS THAT YOU GOT A GROWROOM**

PROBLEM	SOLUTION
It's the dead of winter and you have the AC on full blast, 24/7.	Be the kooky neighbor who wears Hawaiian shirts and shorts all year long. Or rig an intake system to bring in filtered cold air from the outside.
You just had three pallets of potting soil delivered to your one-bedroom apartment.	Sneak your supplies in gradually using inconspicuous containers. Or grow hydroponically. Fool your neighbors by giving them free tomatoes.
Your tiny apartment generates 50 pounds of used potting soil every 90 days—even in winter!	Remember <i>The Shawshank Redemption</i> ? Carry out one pocketful of dirt at a time.
Your roof is the only one without snow after a blizzard.	Grow in the basement or on a lower floor. Or try moving away from Minnesota.
You always have better weed than everybody else, and you always "got it from a friend."	Smoke with trusted friends only! Otherwise, everyone in town will want to buy pot from your mysterious friend.
Your totally pimped-out Cadillac Escalade is parked in front of your double-wide trailer.	Buy a shittier car, you moron! Or spring for a house as nice as your wheels.
All your windows are covered with blackout fabric.	Buy a white cane so the neighbors will sympathize with the poor blind guy who only wants his privacy.
You pay your \$700 electric bill in cash.	Try gas generators, solar panels or wind turbines. Incidentally, have you heard about money orders?
Your clothes, hair, skin and breath smell like dead skunks.	Wear a separate wardrobe for gardening. Try taking a shower occasionally.
You're constantly transporting CO <sub>2</sub> canisters to and from the house.	Try to be discreet, okay? Those canisters look like terrorist weapons. You don't need patriotic neighbors calling Homeland Security on you.

Cops act like trolls.



**MASS-HOLE  
COPS ONLINE**

The recent decriminalization bill that passed in Massachusetts last November (by a whopping 65 percent) has angered law enforcement officials and legislators all over the commonwealth.

The website [masscops.com](http://masscops.com) offers Massachusetts' "finest" a forum to discuss issues related to their jobs. Following passage of the law, the site erupted with

page after page filled with vulgar hate speech, angry denunciations of the voters, and veiled threats to activists and supporters of the reforms. Some choice quotes:

"I can only hope that if someone gets killed because of this law it will be the lawmakers that proposed this legislative question."

"Blaze while you're watching the show, attempt to run over an officer afterwards and hopefully he'll dump his clip into your face."

"A responsible person would not engage in unlawful activity, whether it is civil or criminal. Ergo, there can be no such thing as a responsible marijuana smoker, any more than there could be a responsible rapist, burglar or speeder."

"Add water to the weed, thereby making it weigh over 1oz."

Methuen Mayor Bill Manzi even joined in, ridiculing the efforts of local activists like MassCann and the band Prospect Hill, saying that he would "bring the potato chips and Twinkies" to a meeting discussing higher fines and recriminalization of cannabis.

We have no doubt that many cops and legislators support decrim. Yet these anonymous postings indicate that some cops have no regard for state law and clearly take pleasure in busting marijuana smokers. Protect and serve?



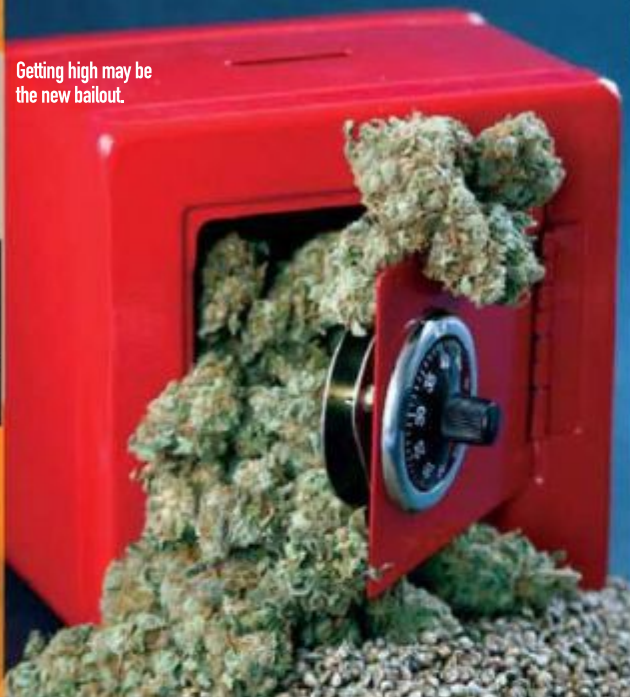
Vaporella in front of the Smithsonian Museum at Obama's inauguration.

**CAN YOU SPARE A LITTLE CHANGE?**

Our own Vaporella was on the scene for Barack Obama's inauguration in January. Close to two million people from across the nation attended the event, despite the threats of subzero temperatures, extreme overcrowding, a lack of Port-o-Potties, George W. Bush in attendance, and the specter of Pastor Rick Warren giving the invocation. Early-morning crowds on the National Mall passed the time by helping parents find their lost children, staring at their serviceless cell phones, and waiting in hours-long lines at the refreshment stand. The mammoth crowd also engaged in games like "How long can I hold my pee?", "Who will have the most frostbite?" and "How much trash can I throw on the ground?" American-flag vendors were on hand helping to jump-start the economy. Happily, there were no arrests, fatalities or sightings of Sarah Palin to report.



Getting high may be the new bailout.



# DRUGS SAVE BANKS!

In January, the head of the United Nations Office on Drugs and Crime, said illegal drugs are keeping banks afloat. In an interview published in the Austrian weekly *Profil*, Vienna-based UNODC Executive Director Antonio Maria Costa stated: "Interbank loans were funded by money that originated from drug trade and other illegal activities" and "that some banks were rescued in that way."

Costa also said drug money was often the only available capital when the financial meltdown started. "In many instances, drug money is currently the only liquid investment capital. In the second half of 2008, liquidity was the banking system's main problem." He didn't reveal countries or banks which received drug money or how much was involved.

It will be interesting how Costa reconciles the benefits of the drug trade with his recent statement: "Governments and societies must keep their nerve and avoid being swayed by misguided notions of tolerance." By the way, Costa believes pot impairs cognitive capacity, memory and emotional development, and causes schizophrenia.

## THC EXPO ROLLS IN CALI

On June 13-14, the THC Expo will host the entire hemp and cannabis industry under one roof at the world-renowned Los Angeles Convention Center. It promises to be a one-of-a-kind consumer show, with over 300 cannabis-related businesses exhibiting their products and services.

Today, cannabis is California's top cash crop, and America is missing out on the billions of tax dollars that could be generated by legalization. The THC Expo will serve as a showcase for the economic possibilities that the hemp plant offers. Top speakers will be on hand, and live music will entertain crowds expected to number in the thousands. Medical-marijuana activist and former political prisoner Todd McCormick hosts the event. The THC Expo should reveal to the world the economic necessity of legalizing cannabis. Visit [thcexpo.com](http://thcexpo.com) for exhibitor registration and attendance information.



Todd McCormick

## ART OF THE DUPE

Alan Abel is the infamous prankster who once mounted a legendary campaign to clothe naked animals. With Abel's hoaxes, no one suffers, financially or physically, though some may experience a bit of wounded pride—especially those journalists who forget to check their facts. In the course of his 40-year "hoaxing career," Abel has staged the fake wedding of the late dictator Idi Amin at the Plaza Hotel and pulled off a mass "faint-in" on the Phil Donahue show. He has successfully fooled people into believing in a school for beggars and that he was the



Abel fooled the world by saying big toes were growing.

reclusive millionaire Howard Hughes. He once famously duped 100 reporters into attending a faux press conference to meet the mysterious "Deep Throat," the man who gave Woodward and Bernstein their inside info on the Watergate scandal. And he's still at it, this time writing Bernard Madoff's own confession days before the disgraced businessman was forced to testify as to where that \$50 billion went. Abel's intent: "To amuse and educate—but mostly the former, because people tend to stop learning after high school or college." He says the digital age has made it harder to pull off a good prank; also, he believes, attention spans are getting shorter. But everyone should have more than enough attention-span-width to dig the hell out of *Abel Raises Cain*, the award-winning documentary by his daughter, which documents the life of this amiably diabolical prankster. Available on DVD at [abelraisescain.com](http://abelraisescain.com).

this month in

## SHOWBUZZ



Amy skips court.

### JUDGING AMY

Amy Winehouse decided to drop her appeal of a drug-possession charge in Norway. Following the arrest of Amy and her husband in October 2007, the British soul singer claimed the police had

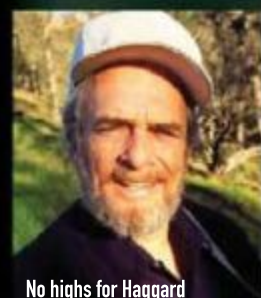
made errors in the case. She was planning to appeal her fine of \$428 and was due to appear in court in Bergen, Norway, in January. Amy chose a Caribbean vacation instead.

A spokesperson explained: "She has been enjoying herself on her break and meeting lots of new people. There are many like-minded people there having extended breaks. Amy is a friendly person and very sociable and behaving exactly as I would expect her to do."

Doesn't sound promising ...

### MERLE & MJ

Country-music legend Merle Haggard recently came out the other end of a bout with lung cancer, but the 71-year-old singer/songwriter still plans to tour and record. However, Merle says he's given up marijuana and adds that his new shows will be the first in his life where he wasn't smoking either tobacco or pot, or both.



No highs for Haggard

"It's gonna be interesting as to what kind of a show comes out of this body that's used to performing the other way," he says. Haggard began smoking pot as a substitute for Valium. Over the years, he's quit a few times but says, "Nothing was funny."

(Incidentally, there is no documented evidence of marijuana smoking causing lung cancer.)



Begging for buds

### MOOCH ROCK

Nazareth's lead singer, Dan McCafferty, may be too old to rock-'n'-roll, but he's not too young to get high. On the last night of the Scottish rockers' latest (and hopefully last) tour in Allentown, PA,

a roadie taped a sign to his chest that read: "THROW WEED ON STAGE PLEASE!" Sure enough, a fan threw a joint up to the band.

Seriously, guys—begging for weed? If you can't afford a dimebag, maybe it's time to pack it in. Besides, one little joint is hardly enough to get the whole band high.

Oh, well—maybe Nazareth could have scored if they'd ended their tour in Bethlehem. Lots of people go there bearing gifts.



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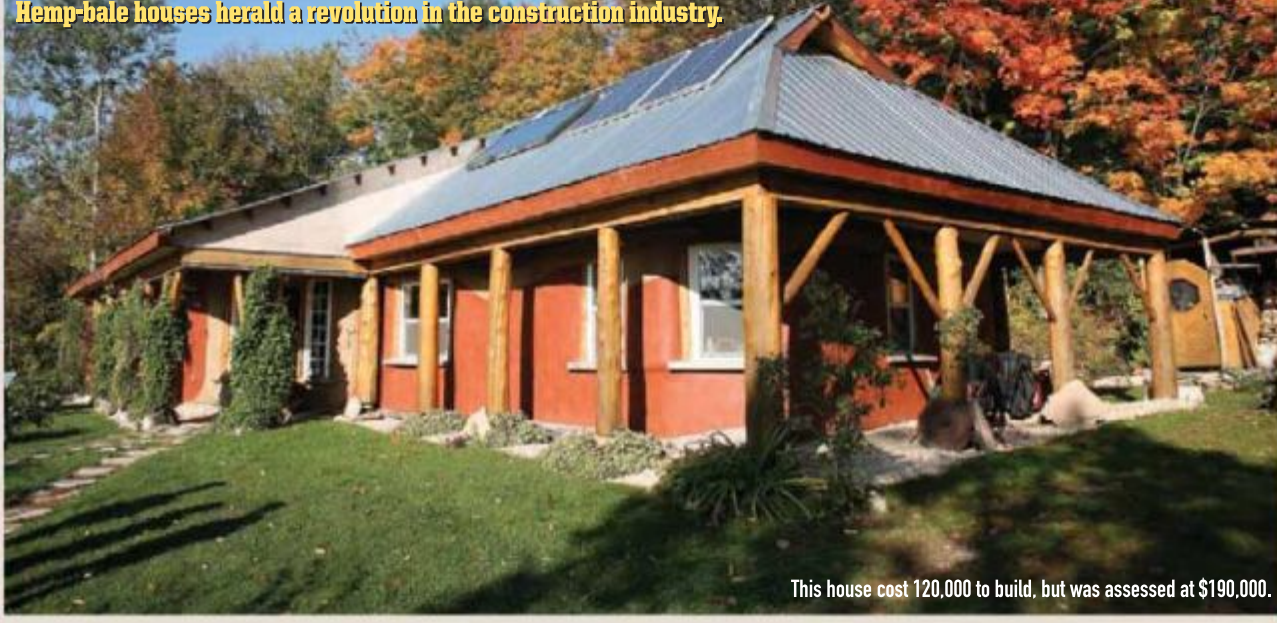
Madoc, Ontario has commissioned hemp-bale public buildings.



New hemp-bale structures are adjunct buildings to the new arts center (background).

# HEMP, SWEET HOME

Hemp-bale houses herald a revolution in the construction industry.



This house cost 120,000 to build, but was assessed at \$190,000.

The use of bio-fibers allows builders to support local economies, increase energy efficiency and reduce energy consumption.



Hemp-bale builder Chris Magwood.

The town of Madoc in Ontario, Canada, wanted to build an outdoor bandstand for its summer concerts in the park. Fleming College was approached, since it features a Sustainable Building Design and Construction program in its curriculum. But Chris Magwood, the lead instructor for the program, informed the town that his students actually build entire buildings, complete with heating and plumbing. He suggested an indoor/outdoor arts center instead: Wouldn't the town prefer 12 months of performance space to just three?

Not a bad idea. But then Chris revealed to the mayor that the new arts center would be constructed using straw-bale building techniques, although in this case the builders would use predominantly hemp materials. "That will happen over my dead body," the mayor declared.

Well, the arts center got built. It boasts an acoustically balanced band space ensconced on a wide veranda and a 90-seat theater on the inside. However, Chris was nice enough not to hold the mayor to his word. No reason to: These hemp-bale structures are very persuasive on their own, especially when their value is understood.

There are about 200 straw-bale structures throughout Canada right now, and maybe 40 made of hemp. The amount of energy required to harvest, process and transport a straw or hemp bale is infinitely less than materials like concrete, aluminum or even plywood, while the use of bio-fibers allows builders to support local economies, increase energy efficiency and reduce energy consumption.

Chris has designed and/or built over 40 straw-bale structures in Ontario, many of which include "green" building systems such as off-grid solar and micro-hydro power. He is also the author of three books on straw-bale building techniques—the most recent is *More Straw Bale Building* (Mother Earth News Wiser Living Series)—but he'll be the first to tell you that hemp is every

bit as efficient as straw; it's just a matter of using what's locally available.

"The bales used in the arts center come from a nearby farmer who grows hemp for seed—stalks are just leftovers for grain farmers," Chris says. "The foundations of the three wings are made from Hemcrete" (a bio-composite building material based on hemp).

"It's a load-bearing building," he continues. "Basically, the bales are the walled structure and insulation in one material. The inside and outside face of the bale is dipped in a clay slip. The clay becomes impregnated in the bale, which means when we put clay plaster on them, there's a good bond—they're already sticky with the clay. The plaster is just dirt, water and chopped hemp; there's not a lot of lumber in the building."

Chris also builds hemp houses of distinction, gorgeous and as green as they come, designed to produce only as much energy as is needed over the year. These houses also offer amazing insulation value. The walls are a solid blanket, with no wooden studs, breaks or thermal ridges. The roof is galvanized steel, which not only has a high recycled content but can be recycled as well if it's replaced. The steel is left unpainted to reflect sunlight in the summer so the roof doesn't heat up and make the house warm. Additionally, the homes feature cleverly designed eaves that reduce sunlight in the summer and maximize it in the winter. The Canadian Mortgage and Housing Authority has reported that these structures can reduce energy consumption by half. Best of all, a recently completed hemp house cost \$120,000 to build, but was just assessed at \$190,000.

"They're simple to put up, cheap, nontoxic, and can be built with abundant, minimally processed material," Chris says.

Unfortunately, hemp isn't abundant at the present moment—but mindless political policy is.—Story and photos by Dan Skye



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# MARIJUANA

To date, the investigation of marijuana's impact on mental health has yielded more questions than answers. **By Mark Miller**

## POT PSYCH 101

Marijuana provides a seemingly endless variety of physical benefits, from inducing the munchies to intensifying sex, not to mention its myriad medical uses. But for the most part, pot is smoked for the positive psychological effects that the vast majority of its users experience. Even the corporate-controlled media's reportage on cannabis generally acknowledges the euphoria that most tokers experience. The emblematic optimism and occasional ecstasy that pot produces have remained the central motivation for its repeated use by millions of people for thousands of years.

This euphoric high is produced by tetrahydrocannabinol (good ol' THC), the primary psychoactive component of cannabis. THC belongs to a class of chemicals known as *cannabinoids*, terpenophenolic compounds found in both pot (phytocannabinoids) and people (endogenous cannabinoids). In its effects on humans, THC essentially mimics anandamide, a naturally occurring cannabinoid in the brain. The word anandamide derives from the Sanskrit word for "bliss," and bliss is certainly what many pot users experience. Cannabinoid receptors in the brain, such as CB1, are activated both by the cannabinoids consumed via cannabis and those produced naturally by the body, in an altogether holistic symbiosis.

Dr. Bob Melamede, associate professor of biology at the University of Colorado at Colorado Springs, elaborates: "There are areas of the brain associated with pleasure involving dopamine release, and cannabinoid receptors form hybrid receptors with these dopamine receptors. So the system is intertwined in very novel ways."

Dr. Mitch Earleywine, associate professor of psychology at SUNY Albany, agrees: "As far as we can tell, THC effecting a pleasant mood is all part of a bigger system: the link between certain chemicals that occur naturally in the body and the cannabinoid receptors—those important for good feelings in general."

## PSYCHOSIS & SCHIZOPHRENIA

But what about the widespread charges that pot, in fact, "doubles the risk" for mental health problems? For example, the respected medical journal *The Lancet* published a much-cited British study in 2007 claiming that "even small doses" of THC produced "temporary psychotic symptoms in people, including hallucinations and paranoid delusions."

Dr. Earleywine lambastes these findings: "When you look at that study closely, you see it reviews seven other studies—and of those, only one actually looks at full-blown schizophrenia with meaningful impairment. The other studies merely looked at psychotic *symptoms* that could be totally subjective."

Also, as Dr. Earleywine and others have pointed out, according to figures compiled by the federal government, nearly 50 percent of all adult Americans have tried pot, yet only 1 percent of the population is ever diagnosed as schizophrenic. Wouldn't that figure be considerably higher if an actual causative link existed between pot use and schizophrenia?

Marijuana may have efficacy in treating psychological disorders.







# ON THE COUCH

## DEPRESSION

The myth that long-term pot use causes depression has also been propagated for decades, but according to Dr. Earleywine, longitudinal data (i.e., from studies observing subjects over a number of years) fail to demonstrate that pot smoking leads to full-blown depressive disorders.

Dr. Melamede concurs, noting that current research has been focused instead on the *anti*-depressive qualities that pot possesses: indirectly stimulating the endocannabinoid system by inhibiting endocannabinoid breakdown, thus increasing the level of naturally occurring cannabinoids in the body—precisely the process that each of us replicates when we consume pot. To be sure, Dr. Melamede adds, some depressed people who use pot may find that it exacerbates their symptoms, but “it’s not one size fits all.” And a 2007 article in the *Journal of Neuroscience* reported that studies have shown that cannabis modulates mood by the agonistic (altering) activity of cannabinoids on the CB1 receptors in the brain.

**Cannabis has fueled the creative process throughout the ages, from ancient Hindu artwork to Dr. Dre’s album.**

While nothing conclusive can be stated at this point, Dr. Melamede notes that pot seems to work quite well for some patients suffering from bipolar disorders. Emotional pendulum swings between elation and depression are common in all people, but bipolar patients end up stuck in one extreme or the other. For those who are overly “down” or depressed, a light *sativa* can theoretically “open them up,” while a heavy *indica* might “bring down” a manic individual.

## PARANOIA

Another common charge is that cannabis causes paranoia in its users. But is this true—or does it heighten awareness in general?

Perhaps there’s only a thin line between the two: One stoner’s delusional suspicion is another’s insightful reflection. Dr. Earleywine acknowledges that setting is an important influence on one’s experience—for example, smoking at a crowded concert as opposed to a comfortable room. The notion that pot causes paranoia also fails to address the fact that many people are naturally anxious and fail to experience euphoria upon smoking. Their anxiety can become crystallized independently of setting, even in the most tranquil of locales.

## OBSESSIVE COMPULSIONS

Obsessive-compulsive disorder is characterized by behavioral patterns of motion and activity that become dominant to the point where one is constantly driven to carry out this particular mechanical course of action. At [rx-marijuana.com](http://rx-marijuana.com), the informative website created by Dr. Lester Grinspoon, an associate professor emeritus of psychiatry at Harvard Medical School, many postings attest to pot’s ability to combat OCD. (One patient found that it successfully augmented the serotonin inhibitors that had been prescribed. This same patient related that a separate, prominent OCD web board banned all discussion of pot because the board’s moderator had peremptorily decided that “pot harms OCD patients.”) Anecdotal evidence suggests that pot may allow some OCD sufferers to better “control their thoughts.” Dr. Grinspoon states that while he hasn’t heard of any persons with severe cases of OCD benefiting from pot, he is certainly open to the possibility.

Dr. Melamede suggests that cannabinoids may be able to reduce OCD by providing the element of “fluidity” necessary to break these psychological patterns. At the same time, he cautions, the fluidity that cannabis brings to one’s mental process is precisely the reason that children and teenagers should *not* use pot, as it interferes with the brain’s natural maturation.

## CREATIVITY

Creativity, simply put, is the act of making something new. The very nature of cannabis intoxication, with its aforementioned “fluidity” and associated “spaced-out” or “drifting” perceptions, allows one to think transcendently and develop new ideas, insights or concepts that didn’t previously exist for the user—the defining trait of creativity. Cannabis has fueled the creative process throughout the ages, from ancient Hindu artwork to Dr. Dre’s album *The Chronic*. Not merely anecdotal, this process appears to result from cannabis increasing alpha-2 wave activity in the brain—the electromagnetic oscillations associated with relaxed states of being, which for those so inclined open up channels of creativity. This was inadvertently substantiated by the findings of a 2005 National Institute on Drug Abuse report concerning MDMA users who smoked pot.

## WHAT THE FUTURE HOLDS

Needless to say, the underlying euphoria that accompanies the marijuana experience for the vast majority of users ensures that it will continue to be used as a psychological aid in numerous capacities—as an antidepressant, a creative catalyst and an agent of relaxation. However, its use on a widespread basis in mental health therapy may still be a long way off. Many doctors categorically dismiss the idea that cannabis is an ideal treatment for any mental disorder; others are much more optimistic about “pot psych.” Dr. Melamede, for example, is integrally involved with Phytiva Pharmaceuticals, a Canadian company that will conduct testing on specific strains to determine the healing properties they may possess.

On the question of whether different strains of cannabis, either *sativa* or *indica*, have specific psychological effects, Dr. Earleywine notes regretfully: “We’ve been talking about doing this type of research for 20 years, but nobody’s been able to clinically link strains to subjective effects—at least not in the US.”

Marijuana’s depiction as a psychologically damaging substance has been de rigueur since the infamous 1936 exploitation movie *Reefer Madness*, which featured people raping and murdering each other under the influence of pot. And the notion that pot leads to “sexual perversion” in minorities was widely promulgated by the Hearst newspapers during that era—in fact, as recently as the 1990s, right-wingers were still claiming that smoking pot could turn a person “gay.”

For the past 70 years, concerted efforts have been made to link cannabis to mental illness, violence, deviancy and even arbitrary changes in sexual orientation. That’s the message of authority in its many guises: government, religion, law enforcement and the media. But have these lurid claims stood up to scientific scrutiny? Despite the many legal obstacles, especially in the US, the answer is clearly “no.” And that’s precisely the reason more research into the psychological effects of cannabis needs to be conducted. ✨







# THMQ

Trans-High Market Quotations (THMQ) reports pot prices by the ounce, strain and location. To submit prices, go to the THMQ link at [hightimes.com](http://hightimes.com).

CURRENT US PRICE INDEX: **\$347** (last month: \$375; YTD: \$374)

CURRENT KIND INDEX (\$350+ PER OZ): **\$419** (\$455, \$455)

CURRENT MIDS INDEX (\$150-\$349 PER OZ): **\$276** (\$253, \$264)

CURRENT SCHWAG INDEX (\$1-\$149 PER OZ): **\$107** (\$96, \$90)



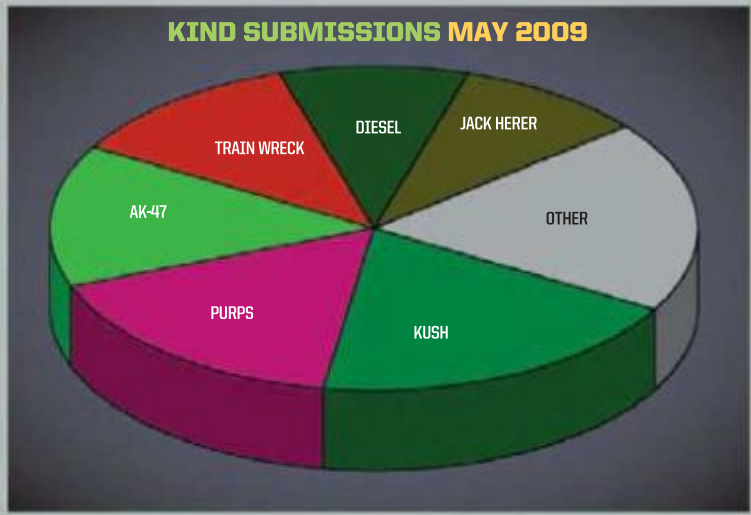
## MARKET ANALYSIS

Kush once again finished as the month's most submitted strain, despite its average price dropping nearly \$100 from April. Additionally, two strains made rare appearances in the Top 5: AK-47 and Trainwreck were among the most submitted strains this month for the first time since May and July 2008, respectively. The top five submitted strains (with average price) were Kush (\$371), Purps (\$416), AK-47 (\$459), Trainwreck (\$350) and Diesel (\$356).

**Index Watch:** The US and Kind indices dropped significantly from April and finished well below their year-to-date averages. In fact, \$419 per ounce marks the Kind Index's lowest price since July 2008. Meanwhile, the Mids and Schwag indices both rose from April to finish above their respective year-to-date averages. At \$107 per ounce, the Schwag Index hit a 14-month high in May.

HIGH TIMES wants to know what you're smoking. Submit your strain information, including location and price by the ounce, to [thmq@hightimes.com](mailto:thmq@hightimes.com).

STATE	CITY	STRAIN	PRICE
CALIFORNIA	Cottonwood	Granddaddy Purps	\$360
	Ventura	Sour Diesel	\$360
		Bubba Kush	\$300
		Jack Herer x Trainwreck	\$275
DELAWARE	Wilmington	Northern Lights	\$300
FLORIDA	Bradenton	Strawberry Cough	\$350
	Miami	Trainwreck	\$350
	Levy County	Jack Herer	\$250
GEORGIA	Atlanta	Purple Kush	\$500
		Sour Diesel	\$550
ILLINOIS	Chicago	Purps	\$320
		Silver Haze	\$350
		AK-47	\$425
INDIANA	Indianapolis	Thai Lights	\$400
MARYLAND	Baltimore Severna Park	OG Kush	\$420
		Strawberry Cough	\$350
		Mango Trainwreck	\$400
MASSACHUSETTS	Middleboro Norton	Hydro	\$280
		G-13	\$500
		Jack Herer	\$420
		White Widow	\$420
MICHIGAN	Holland	Sour Skunk	\$330
MISSOURI	St. Louis	Grape Ape	\$390
		Pineapple OG	\$425
		Strawberry Cough	\$400
MONTANA	Bozeman Victor	Blueberry	\$360
		OG Cat Piss	\$350
NEBRASKA	Omaha	AK-47	\$450
NEW HAMPSHIRE	Woodsville	Orange Kush	\$320
NEW MEXICO	Albuquerque	G-13 Haze	\$300
		Blue Cheese	\$300
		Tutti Frutti	\$325
NEW YORK	Buffalo	Beasters	\$380
		Kush	\$420
NORTH CAROLINA	Asheville Wilmington	Skunk x Trainwreck	\$400
		NYC Diesel	\$450
OKLAHOMA	Shawnee	Platinum	\$425
OREGON	Portland	Salmon Creek	\$280
PENNSYLVANIA	Doylestown	Jack Herer	\$420
SOUTH CAROLINA	Columbia	AK-47	\$560
		Purps	\$480
SOUTH DAKOTA	Sioux Falls	Sour Diesel	\$420
		Skunk	\$350
VIRGINIA	Charlottesville	Mids	\$300
		Hindu Kush	\$280
WASHINGTON	Auburn	Purps	\$400
	Tacoma	Afghani	\$300
		Schwag	\$70
WISCONSIN	Beloit	MK-Ultra	\$480
	Eagle River		
<b>INTERNATIONAL</b> (prices in British pounds)			
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**Thai Lights - \$400**  
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**Hydro - \$280**  
Middleboro, MASSACHUSETTS  
"Decent Hydro grown by a first-timer. Nothing too special, but it definitely gets the job done. Pretty pleasing price—under \$20 a blunt."

**Mango Trainwreck - \$400**  
Severna Park, MARYLAND  
"My favorite. It gives an instant high with a strong scent of mango. The inhale is a bit strong, but the exhale is smooth."

**MK-Ultra - \$480**  
Eagle River, WISCONSIN  
"This is the best bud I've ever seen around here. Very hard nugs that are super-sticky and very dank. Help us overgrow the Northwoods!"



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# EAGLES OF WEED METAL

California's Eagles of Death Metal (who are, in fact, not really a metal band at all) give HIGH TIMES a lesson in dope, politics and rock'n'roll. By Justin Hampton

Imagine that you're 11 years old and turning on your record player (assuming you had one before the advent of CDs and iTunes). You've just swiped your parents' copy of *Exile on Main St.*, and you're preparing to crank it for the millionth time. You notice these funny green specks in the crease of the LP's gatefold and wonder what else the old man's been using the album for. But that question is immediately blasted out of your head by "Rocks Off," and for the next four minutes all you wanna be is a rock'n'roll star.


Kurt Cobain once revealed a variation of this scenario as the sad pinnacle of his happiness in rock music. Jesse Hughes of the California boogie-rock combo Eagles of Death Metal, on the other hand, has obviously gone through the same preteen rehearsal phase, and seriously sees no room in this party for existential despair. "I love this fucking job, dude. I mean, I'm talking to HIGH TIMES now—a magazine I read when I was a kid. You know how fucking cool this is?" he wonders aloud during a tour stop for the group's third LP, *Heart On*. "[All] I think [the job] requires is a little bit of appreciation and respect for the audience, not taking yourself too seriously, and just knowing that this ain't a Bible study. I'm just here to shake my dick and act like a monkey, you know what I mean?"

Call it luck. After all, Jesse exudes the charm of a man who truly has lived a

charmed life. Moving to Palm Desert, CA, after an early childhood spent in Greenville, SC (which he refers to as "the buckle of the Bible Belt"), Hughes attended high school with Josh Homme, well-known mastermind of Queens of the Stone Age and countless other desert-rock side projects. But while Homme pursued his position in rock history early on with Kyuss, Hughes attended the College of the Desert and dabbled in politics as a volunteer for Sonny Bono's US Senate campaign in 1994. Eventually, a career in rock music found Hughes rather than him seeking it out, first with tracks on Homme's long-running "Desert Sessions" series, and then officially with the Eagles' debut, *Peace Love Death Metal*, in 2004. "I really have a fairytale [entry] into rock'n'roll—I didn't do *shit* to get here," he admits.

That said, Hughes isn't merely riding on Homme's coattails. The Eagles are very much Jesse's band that Homme just happens to drum in, with Jesse's word being the last one in songwriting and production. And three albums in, *Heart On* continues to chronicle his obsession with classic-rock clichés, albeit filtered through a layer of eccentric electronic touches and hipster irony à la Beck. So bring on the coy references to Steely Dan ("Now I'm a Fool," described by Hughes as a somber mash-up of "Dirty Work" and "Only a Fool Would Say That"), Dave Mason ("Alone Together" reimagined as "How Can a Man With So Many Friends





EODM frontman  
Jesse Hughes  
(far right) sets  
a fine example  
for the band.

**'I want my money  
and my guns, and I  
want to be able to  
smoke my weed on  
my fucking front  
porch and not have  
anyone tell me  
what to do.'**

Feel So Alone"), and a million other rock stars both legendary and cheesy.

But are those really drum machines on the title track, and did someone actually use the word "edumacation" on the bottom-heavy dirge "Solo Flights"? Well, uh, yeah. "I steal from the best," Hughes proudly declares. "Basically, this album, I butt-fucked the Rolling Stones with Devo as opposed to butt-fucking them with the Bachman-Turner Overdrive. There ain't nothing new under the sun. I can go buy a gallon of milk—it doesn't mean that I invented it, but I can make a new milkshake."

As an honors student in the School of Rock, Hughes knows you've gotta put drugs in there somewhere between the sex and rock'n'roll. Granted, the road to rock has proved rocky at times—Hughes went to the Promises Rehab Center after completing 2006's *Death by Sexy*, and he still has a sponsor. But he also possesses a state-issued medical card for his prescription pot, which he takes due to vision issues. ("In bright lights, my pupils don't fully dilate," he explains.) As far as Jesse's concerned, pot isn't a drug, and he cites the marijuana maintenance programs of the '20s and '30s as examples of pot's efficacy in treating addiction. So pot gets his full endorsement, ongoing drug-dependency issues or not. "On a medical level, it's helped. On an artistic level, it's helped. And I think it increases libido," he cracks. "My penis is exactly two inches larger when I'm high on weed than when I'm not."

Peace, love and death metal notwithstanding, Hughes ain't no hippie, positioning himself as a hard-core libertarian on all personal-liberty issues. "I want my money and my guns, and I want to be able to smoke my weed on my fucking front porch and not have anyone tell me what to do," he insists. To this day, he extols Sonny Bono as a model politician, describing him as "totally for drug-law reform in general." In the recent election cycle, he favored independent right-wing presidential candidate Alan Keyes over Obama, whom he derides as an "actor" and a Marxist. But more out of principle than marketing, Hughes recognizes the need for tolerance in a politically polarized society. "If I say that I'm a Republican at a fucking party in Hollywood, I'm hated regardless of what kind of person I am. Wrong. It fucking separates people, dude."

Good thing, then, that Hughes is a musician rather than a politician, since rock can still build bridges and save fallen souls better than any political campaign. So keep practicing in your bedroom, kids: If weed and rock can save Hughes, they can save you, too. "I think rock'n'roll is about sort of transcending your weaknesses, in a way," Jesse muses. "For me, it has been—it's given me a second life, and it's made me a better father and a better son. Like go fucking figure that shit out, because I can't, dude." ✨



# HIGH TIMES TATTOO-CONTEST WINNERS

Man, did people represent for our tat contest! We knew there were a lot of inked stoners out there, but we weren't prepared for the sheer number of entries. Thank you all for expressing your indelible love of the herb! These are just the top entries, as judged by the HIGH TIMES staff. To view all the contest submissions, go to [hightimes.com/tattoo](http://hightimes.com/tattoo).



## 1. ASHLI, THE GREEN LADY

Is this lady not every stoner dude's dream? Ashli won by a marijuana mile for her daring cannabis-leaf motif.

## 2. WE GOT YOUR BACK

Adam York, with the help of artist Justin Page, has dedicated half his back to our magazine. With Bob Marley and Jorge Cervantes looking over his shoulders, we're sure Adam always finds what he is looking for.

## 3. CHEECH & CHONG REUNITED

So real you can almost hear them dissing each other! Thank you, Chris Boudreau, for this lifelike portrait of the stoner kings of comedy.



**TOO CLOSE TO CALL** Here's a small sample of some of the amazing skin art that just missed the winner's circle. From left to right: Rasta Rob, David Verstoppen, Dustin Jorge, Amber Johnston, Pinky and Pete.



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# The Shot Heard Round the World

*Ultimate Sacrifice: John and Robert Kennedy, the Plan for a Coup in Cuba, and the Murder of JFK*



*Legacy of Secrecy: The Long Shadow of the JFK Assassination—Robert Kennedy, National Security, the Mafia, and the Assassination of Martin Luther King*  
By Lamar Waldron and Thom Hartmann

(Counterpoint)



Forty-five years after the assassination of John F. Kennedy, facts continue to be uncovered or declassified. In their 2005 book *Ultimate Sacrifice* (now out in a revised paperback edition), authors Lamar Waldron and Thom Hartmann point the finger first and foremost at New Orleans godfather Carlos Marcello, then Johnny Rosselli and Jimmy Hoffa, along with disgruntled anti-Castro Cubans, a smattering of CIA types and rabid right-wing racists like Joseph Milteer.

Waldron and Hartmann reveal for the first time the Kennedy brothers' plans for a coup in Cuba, scheduled to launch in December 1963. Fidel and Raul Castro were both to be removed from power and killed, but after JFK's death, the operation was kaput. A cover-up ensued because CIA, military and government figures wanted not only to avoid a confrontation with the Soviets and protect a general still serving in the Cuban government and



Destiny comes to Dallas.

preparing to step into power, but also to hide their numerous anti-Castro activities. The authors also divulge previous assassination threats to Kennedy in Chicago and Tampa prior to his fateful date in Dallas. The similarities between Lee Harvey Oswald and Thomas Arthur Vallee, a former Marine and apparent patsy-in-the-making in Chicago, are unsettling, to say the least.

Expanding upon their thesis, Waldron and Hartmann's new book, *Legacy of Secrecy*, gives us even more declassified information drawn from the voluminous files so far released. They relate how the Secret Service, as late as the 1990s, destroyed its files concerning the Tampa trip and assassination scare. Even more ominously, the authors link the assassinations of Robert F. Kennedy and Martin Luther King, as well as the various Watergate scandals, to many of the same shadowy figures behind the hit on JFK.

Despite years of official denial regarding the existence of a conspiracy, government documents from the CIA, FBI and other sources tell a different story, with many in positions of power doing everything they could to hide their true suspicions or even guilty knowledge. At a total of over 1,600 pages, these are two of the most comprehensive works to date on the JFK, RFK and MLK assassinations. According to the authors, there remain "well over a million CIA records" still hidden and unreleased, so more disturbing revelations could be in store. Until then, these books will bring both conspiracy buffs and the uninitiated but curious up to speed. —Preston Peet

## PETER TOSH

*The Ultimate Peter Tosh Experience*

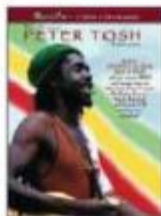
(Shanachie)



It's cool to see Che's face so often these days, but one must remember that a revolutionary is something more than just a dead man on a T-shirt, and also that a musician doesn't become a revolutionary simply by throwing verbal (and invisible) hand grenades at a regime under whose watch he has become a multimillionaire.

Peter Tosh, on the other hand, was about as radical a man as the performing arts ever produced, and *The Ultimate Peter Tosh Experience*, a new boxed set of one CD and two DVDs, pays homage to both the artist and the radical. The hodgepodge "Greatest Hits" CD is a bit of a misfire, neglecting to include the swaggering groove of "Stepping Razor" or Tosh's biggest hit, "Don't Look Back" (sung with Mick Jagger). Even the stoned-out dub of "Legalize It," though welcome, should have come in addition to—not instead of—the original classic.

There's a disc of live footage, including clips from the "One Love" Concert and *No Nukes*, but the real treat of this collection is the reissue of the 1990 documentary *Stepping Razor: Red X*, directed by Nicholas Campbell. Peter's story is told through archival footage, performance videos, interviews and his own privately recorded "Red X" tapes (iconoclastic diatribes that have an *Apocalypse Now*/Colonel Kurtz feel to them). The film is a good portrait of an enigmatic man who, while Bob Marley was busy becoming an international superstar, stayed in Jamaica and fought the good fight to his dying breath. —Chris Simunek



## UMPHREY'S MCGEE

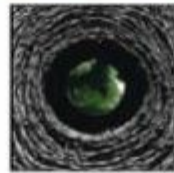
*Mantis*

(SCI Fidelity)



Riding the momentum of a stupendous run of New Year's shows in the bitterly cold and Windy City, "Chicago's shows" Umphrey's McGee switches gears with *Mantis*, a fairly unique jamband studio album in that no tracks were previously performed live, which enabled the sextet to craft and explore new sounds and songwriting approaches. The result is an LP poppier than the classic Umphrey's quirk-prog, yet much heavier and livelier than their last one. Lead ax-man Jake Cinninger has soaked some '70s rock influences like Deep Purple into his repertoire, a welcome change from his '80s hair-metal overload.

The marathon title track ventures across many peaks and valleys in its 11-plus minutes, anchored by superior singer Brendan Bayliss and his line "I'm never good with lies." "Cemetery Walk" boasts a Talking Heads-style groove and an emotive guitar solo that would do Ritchie Blackmore proud, before leading into "Cemetery Walk II," a techno romp piloted by keyboardist Joel Cummins. The ambitious construct of "Spires" contrasts Beatles-like strings with sinister guitar riffing before bowing to a psychedelic-era Beach Boys vocal closeout that reveals an unexplored side of Umphrey's. As for the rest, "Turn and Run" features drummer Kris Myers channeling Bonzo Bonham; "Prophecy Now" gives the band a chance to get experimental; "Red Tape" never really goes anywhere; and "1348" provides a solid finale. While *Mantis* isn't the dark prog masterpiece that some people expected, credit Umphrey's for stepping beyond the idiosyncrasies of the jamband template. And for the Umphreak who needs it all, plugging this album into your CD drive will allow you to access Web-only "bonus content" throughout '09. —Mark Miller



## WILLIE NELSON

*Naked Willie*

(RCA/Legacy)



Before Willie Nelson became a hippie-American icon, his record company, RCA, tried to break him on the countrypolitan charts by drenching his arrangements in strings, horns and lush choruses. While these mid-to-late-'60s albums can be guilty pleasures, there were arresting and literate songs buried beneath the overproduction, and some of Nashville's finest—including pedal-steel giant Buddy Emmons and guitar god Jerry Reed—struggling to be heard above the clutter.

Now Willie's longtime harmonica, Mickey Raphael, has "unproduced" a batch of these gems, removing everything but the barebones pickers and his employer's naked voice. The result emphasizes the fact that Willie was creating an avant-garde country-folk fusion before most people recognized it, adding a lyrical and musical complexity to the subject matter and chord structure of the honky-tonk idiom that only a handful of other visionaries—folks like Kris Kristofferson, Roger Miller and Mickey Newbury—could match.

We get the man's trademark modified rumba beat on "Following Me Around" and his classic "The Party's Over," as well as Sinatrasque swing on "Bring Me Sunshine," secular gospel on "Laying My Burdens Down" and an anti-war story in "Jimmy's Road"—the latter unheard-of on the conformist, pro-war Nashville scene of 1968. Something else subversive is hinted at in the cerebral "If You Could See What's Going Through My Mind" and "I Let My Mind Wander." Legend has it that Willie quit kicking in doors once he defected from booze to cannabis, except for the doors of artistic innovation. —Michael Simmons





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# WEEDLORD

The creators of *Weed Nation Soldiers* transform Bobby into a stoner superhero.

I've always been drawn to comic books. The grand and complex tales of superheroes are like modern mythologies that fire the imagination. So you can imagine my excitement when the creators of the stoner superhero comic *Weed Nation Soldiers* decided to base one of their heroes on me.

According to writer Kareem "KB" Butler and artist Roc Peebles, *Weed Nation* is a global force fighting against corporate and governmental corruption. "The Nation's mission is to expose the lies surrounding the criminalization of marijuana and to thwart the evil pharmaceutical companies that line their pockets by denying us our personal freedom," states KB. "Getting high—whether for medicinal or recreational purposes—should be one of our basic rights as responsible adults. I mean, it's a fucking plant!"

"*Weed Nation* began with a bowl of Kush, my favorite bong, Bruce Banner, and an ever-increasing frustration about the hypocrisy of the anti-marijuana laws in the US," he continues. "I thought about real-life weed heroes like Jack Herer, Marc Emery and Woody Harrelson—people who risk their freedom for our rights—and I thought, 'Wouldn't it be cool if we had a group of superheroes representing that fight?'"

The Nation is led by Captain Chronic, who developed a strain of SuperChronic that gave him meta-human healing powers. Also on the team are shamanic assassin Pegotta, ex-Marine Major Munchies, Chocolate Thai, Private Puff, C-Weed, Major Motta and Sergeant Spliff. The heroes don't have secret identities, since their mission is all about stoners not having to hide anymore. What *is* secret, however, is the location of their "head"-quarters, Chronopolis—a state-of-the-art fortress complete with smoking lounge, 24-hour kitchen staff and, of course, a hydro garden.

"Since weed smoking is the catalyst for many of their powers," KB notes, "being high is a necessity for the Soldiers."

"Besides," adds Roc, "being a hero is pretty stressful, and what better way to take the edge off than a toke with some superfriends?"



When asked about his creative process, KB replies: "Weed *is* the process. It's to me what spinach was to Popeye—but instead of fighting Bluto, I'm fighting the munchies."

The team is pitted against arch-nemesis Toby Straight, the CEO of Amrich Pharmaceuticals. "He epitomizes everything that's wrong with our culture," KB explains. "He'll do anything to suppress natural medicine and keep innocent people hooked on Zolof, Prozac or Viagra." Toby's minions include the robotic NARCs (Neurotransmitting Aerial Reconnaissance Commandos), who patrol the skies looking for grow operations, and a weed-hating cyborg called Buzzkill—the villain the Soldiers are battling when Weedlord (the character based on yours truly) makes his first appearance.

So what makes Bobby Black good superhero material? According to KB: "Bobby represents everything that the Weed Nation stands for. He's like the Dr. Strange of weed."

"Bobby already had the look and the knowledge that writes a great backstory," adds Roc. "Here we have a playboy party pimp on the one hand and a superhero on the other. Plus there's this whole layer of magic and spirituality. Put all of those elements together, and you get a character bio that's sweeter than the Blueberry bud I'm smoking right now."

That character bio goes something like this: *Magazine editor Bobby Black enjoyed a life of parties, women and headbanging. Inexplicably unsatisfied, he yearned for a deeper understanding of the universe. He turned to shamanism, immersing himself in the study of magick and mind-altering substances. Then one night during a hash-induced trance, the goddess Cannabia appeared to him—infusing his body with "Chronetic" energy and bestowing upon him supernatural powers and a new name: Weedlord, protector of the herbs of the earth.*

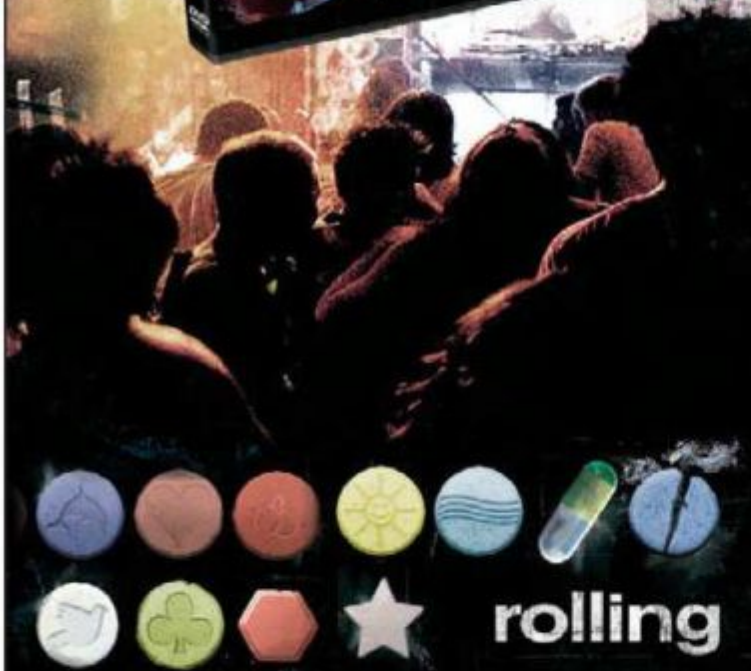
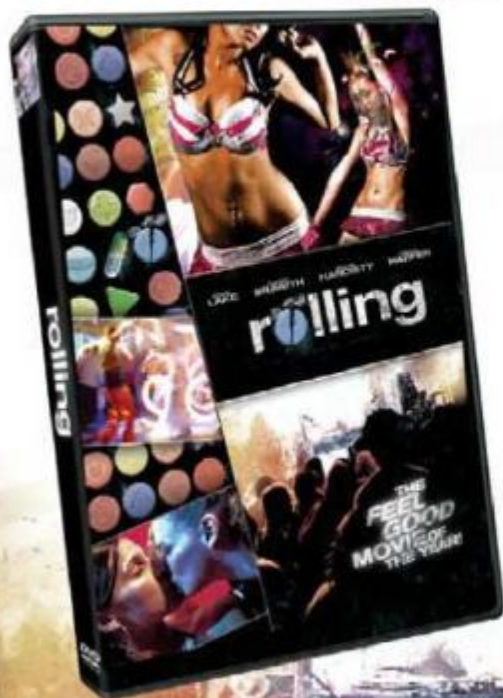
As a comic fan and a stoner, I'm honored to be joining the Weed Nation Soldiers in their fictional fight against intolerance and injustice. In the immortal words of Captain Chronic: *One Nation, One Mission, One Plant.* 🌿

See Weedlord's full bio and character sketches at [hightimes.com/weedlord](http://hightimes.com/weedlord), and check out his spectacular debut at [weednationsoldiers.com](http://weednationsoldiers.com).



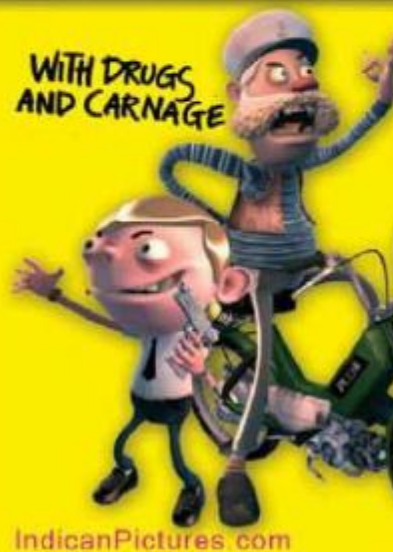
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# PSYCHEDELIC EVOLUTION

How Magic Are Your Mushrooms? **By Paul Krassner**

There I stood, a few years ago in San Francisco, with my feet spread apart and my arms outstretched against the side of a car. As I was being frisked by a police officer, I realized that he was facing the back of my *Mad* magazine jacket, the face of Alfred E. Neuman smiling at him and saying, "What, me worry?" And, indeed, this cop was worried. He asked if I had anything sharp in my pockets.

"Because," he explained, "I'm gonna get very mad if I get stuck," obviously referring to a hypodermic needle.

"No," I said, "there's only a pen in this pocket"—gesturing toward the left with my head—"and keys in that one."

When he saw the contents of the baggie that I also had in my pocket, he asked a rhetorical question—"So you like mushrooms, huh?"—with such hostility that it kept reverberating inside my head. I hadn't done anything that would harm somebody else. This was simply an authority figure's need to control. But control what? My pleasure? Or was it deeper than that?

Recently, the *Journal of Psychopharmacology* published the results of a daylong experiment involving psilocybin, also known as "magic mushrooms." Although this psychedelic has been used for centuries in religious ceremonies, it's still illegal. The study, which took place at a Johns Hopkins University laboratory, was funded by the National Institute on Drug Abuse and involved 36 male and female volunteers.

Fourteen months later, 64 percent of the volunteers reported that they still felt at least a moderate increase in well-being or life satisfaction, in terms of creativity, self-confidence, flexibility and optimism, after using mushrooms; 61 percent reported at least a moderate change of behavior in positive ways; 58 percent rated the session as one of the five most personally meaningful experiences of their lives; and 67 percent said that the drug had produced one of the five most spiritually significant experiences they'd ever had. Many spoke of being more sensitive, tolerant, loving and compassionate.

One participant reported: "I feel more centered in who I am and what I'm doing. I don't seem to have those self-doubts like I used to have." She referred to a sense of "taking off ... being lifted up." Then came "brilliant colors and beautiful patterns, just stunningly gorgeous—more intense than normal reality," she added. "I feel much more grounded and that we are all connected. There was this sense

Psilocybin soldiers ready for duty.



of relief and joy and ecstasy when my heart was opened."

According to head researcher Roland Griffiths: "This is a truly remarkable finding. Rarely in psychological research do we see such persistently positive reports from a single event in a laboratory. This gives credence to the claims that the mystical-type experiences some people have during hallucinogen sessions may help patients suffering from cancer-related anxiety or depression, and may serve as a potential treatment for drug dependence."

Rick Doblin, the founder of MAPS (the Multidisciplinary Association for Psychedelic Studies), has been able to break through the "40-year-long bad trip" that he and other researchers have faced in dealing with the negative fallout from the introduction of LSD and other psychedelic compounds in the mid-1960s. He describes this four-decade intellectual Dark Age as having been characterized by "enormous fear and misinformation and a vested interest in exaggerated stories about drugs to keep prohibition alive."

As Charles Shaw points out on *Alternet*: "What was lost in all the derision and urban myths about LSD and other psychedelic compounds like ayahuasca, peyote, psilocybin and iboga—plant medicines thousands of years old—was the fact that they are miraculously powerful medicines, with the ability to effectively treat, and in some cases cure, some of the most debilitating illnesses and disorders plaguing humanity: addiction, obsessive-compulsive disorder, post-traumatic stress disorder, and migraine and cluster headaches. They are also effective palliatives for the sick and dying ...."

Referring to Doblin's pioneering work, Shaw adds that "Western governments had to ask themselves what was more important to them: their irrational and erroneous drug propaganda, or the possibility that the millions of lives they had devastated by war, violence and iniquitous economic policies might actually be repaired. In this, the seeds of a psychedelic renaissance were planted." ✨

Award-winning satirist Paul Krassner edited the groundbreaking countercultural magazine, *The Realist* (1958-2001), but when *People* magazine called him "father of the underground press," he immediately demanded a paternity test. His latest book is *Who's to Say What's Obscene: Politics, Culture and Comedy in America Today*. He also publishes the *Disneyland Memorial Orgy* poster at [paulkrassner.com](http://paulkrassner.com).

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**Are the planets aligning in favor of medical marijuana? Recent events in California—and the season of change that America is experiencing—may herald a new era of freedom nationwide.**

# california's per



PHOTO: DAN SK





In California, legal medical cannabis is now considered a right. In fact, in Southern California, approximately 300 dispensaries flourish, many in greater Los Angeles.

# fact storm

## “We’ve won!”

On the night of the Felix Kha ruling, that’s exactly what Jeff Jones was thinking. Jones is the executive director of the California Patient ID Center, whose branches in Los Angeles and Oakland have assisted 100,000 state residents to obtain proper IDs in order to gain access to medical pot. The organization is a not-for-profit cooperative with 50,000 active members that supports both patients and caregivers.

Jones was also at the center of a US Supreme Court case in 2001 (*USA v. OCBC and Jeff Jones*), in which the Oakland Cannabis Buyers’ Cooperative, which he oversaw, was prohibited from distributing marijuana. At the time, many considered the ruling a severe setback for medical cannabis. The high court ruled that federal law trumps the California medical-marijuana law that had been passed as a voter initiative in 1996.

That may well be, but it didn’t stop the proliferation of California’s medical-marijuana industry. Over a quarter-million residents currently hold proper state documentation to access cannabis medicine. Dispensaries have flourished across the state, and pot is far and away the leading agricultural product. Now, in the wake of a more recent US Supreme Court ruling, or lack of, the cannabis landscape could very well change radically—not just in California, but in every state where medical marijuana has been legalized.

In 2005, Felix Kha was stopped in Garden Grove, CA, for a minor traffic violation. The cops searched his car without his consent and

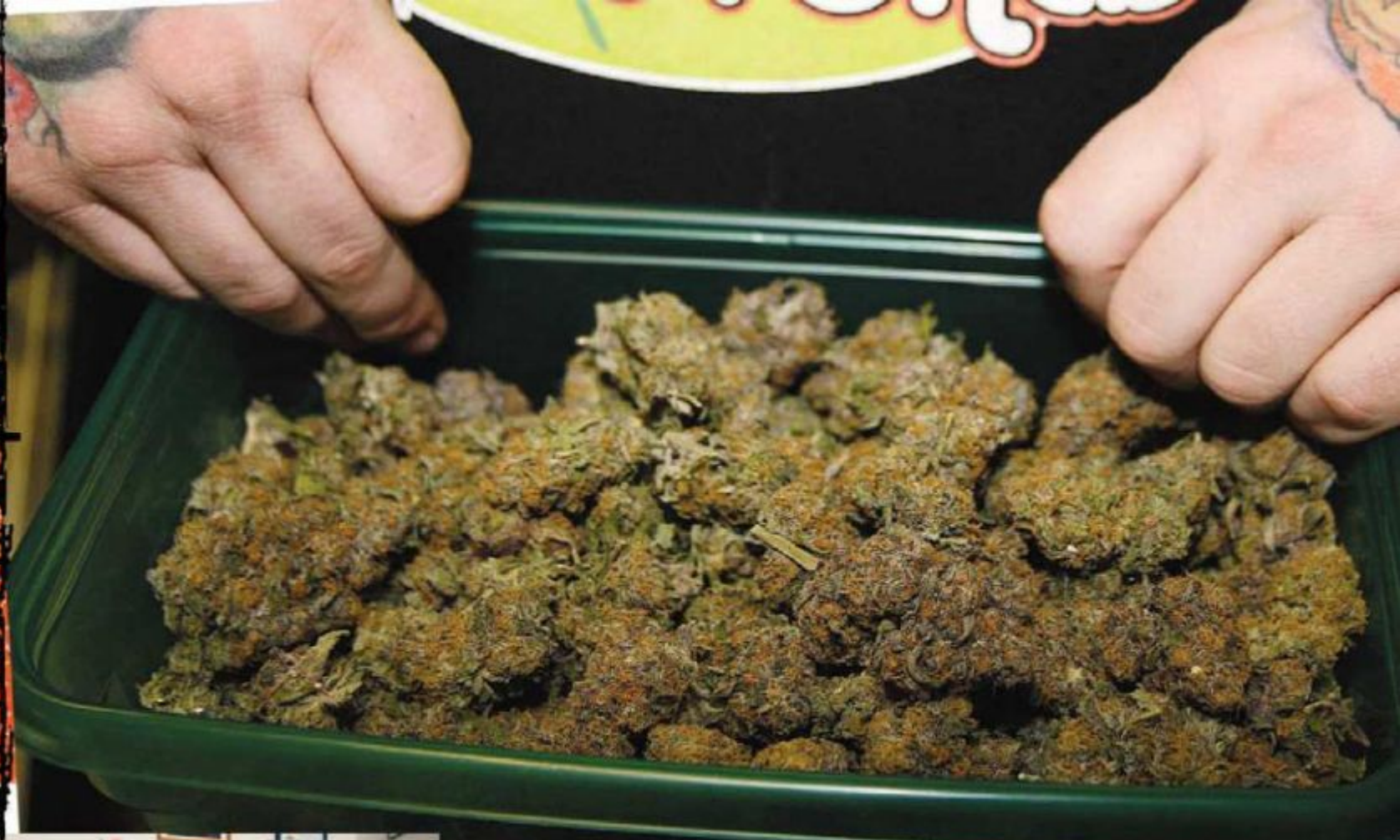
found eight grams of pot. Kha showed them his state documentation permitting him to use pot medically. The case was dismissed, and Kha asked for his medicine back. The Superior Court of Orange County ordered that the cannabis be returned, stating: “The question of whether a substance is lawfully possessed ... turns on state, not federal law. If, as here, the defendant’s possession of a controlled substance is lawful under California law, then the substance is ‘lawfully possessed’ for purposes of that section.”

But the city of Garden Grove refused to comply and appealed that decision. The Appeals Court upheld the Superior Court, stating: “It is not the job of the local police to enforce the federal drug laws.”

The city of Garden Grove appealed again. Last March, the California Supreme Court refused to hear the case. Finally, in December, the US Supreme Court declined to hear it as well, which means that the rulings of the lower courts stand and Kha can have his cannabis returned. That’s why Jeff Jones is claiming victory.

“When the US Supreme Court says local law is to be abided by by local law enforcement, then we’ve won,” he says. “All we have to do is implement the law locally and skip the Feds, because they don’t have the weight to enforce it. If we implement these laws, in the next five to 10 years they’ll be old news. The Feds will have to try to catch up with us. And once you create a standard, it’s not a privilege—it’s a right. And we’re there. Everyone will demand it, and the Feds won’t be able to stop what the states have allowed.”





Don Duncan says, "Our work is to stay vigilant."

A confluence of events is boosting hope throughout the cannabis world. Jones calls it "the perfect storm." More accurately, it may be a case of perverse serendipity: Good fortune and misfortune have joined hands. The financial meltdown in the US economy is not much different from what occurred during the last days of alcohol prohibition. Back then, the country had entered the Great Depression: Millions were unemployed, tax revenues plummeted, and the future was uncertain. Then, in 1933, Prohibition was repealed. Legalizing booze again increased the prices for grain and other farm commodities, and increased the demand for labor to produce, transport and sell it. It also increased tax revenues for state and federal governments.

Today, millions of people are unemployed, tax revenues are plummeting, and the Feds continue to squander billions of tax dollars in a pointless war on cannabis. But the potential tax revenues from cannabis sales won't be ignored for long, especially in states like California (even though Governor Arnold Schwarzenegger has thus far vetoed all pro-cannabis legislation).

"You can't arrest your way out of a recession," says Jones. "Ninety per cent of all marijuana arrests are for simple possession. What a waste of

This crop of Granddaddy Purple, grown in Santa Cruz, is noted for relieving migraines.

resources! We needed flux to change things; we needed something radical," he adds. "The funny thing is, marijuana isn't even in the top 10 polled problems—not even the Drug War. We've demystified it and medicalized it."

The Kha ruling has allowed everyone to see the light at the end of the prohibition tunnel—and for once, the good news doesn't solely affect California.

"Federal law doesn't trump state law when it comes to medical marijuana," says Don Duncan, the executive director of the California chapter of Americans for Safe Access (ASA), the largest member-based organization dedicated to promoting safe access to cannabis medicine.

"The federal law may stand, but it does not invalidate state law," Duncan continues. "States are entitled to pass medical-marijuana laws; they're entitled to implement their programs. Safe access is so widespread in this state that you can't put the cat back in the bag—even absent political or legal victories. Patients have come to expect a certain degree of care in this state, and they get it."

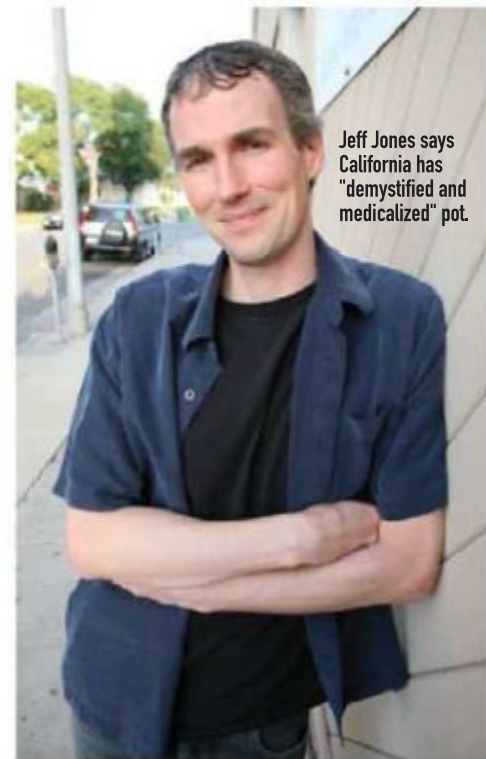
ASA was instrumental in guiding the Kha case through the courts, and the organization wants to guarantee that a workable system for the distribution of cannabis medicine continues to exist, with responsible, well-operated dispensaries following the letter of law and extending the best possible care to patients.

"Our work now is to stay vigilant," Duncan says. The next step, he adds, is clear: "Take it to Washington, DC, and change the federal laws."

Jones is even more forthright. "I hold no hope that Obama is our savior," he says. "It's us—we're our savior. We're not asking for bailouts, we're not looking for money. We just want to be left alone."

Visit [safeaccessnow.org](http://safeaccessnow.org).

~~You can't arrest  
your way out  
of a recession.  
What a waste  
of resources!~~



Jeff Jones says California has "demystified and medicalized" pot.



# CALIFORNIA CELEBRATES HARVEST

## TWO NOCAL CUPS SHOWCASE PRIZE STRAINS.

Over the past decade on the West Coast, cannabis competitions have followed hot on the heels of harvest. Late last year, the San Francisco Cup had its second gathering, while the Santa Cruz Cup held its third annual contest. These are more than just bud battles: Cups are networking events, opportunities for doctors, patients and growers to come together and trade information on all things cannabis.

Several hundred people attended the San Francisco Cup, and all proceeds went to the San Francisco chapter of Americans for Safe Access. Because city and state medical-cannabis laws restrict the number of plants that a single patient can grow, legally sanctioned collectives of growers were heavily represented at the event in order to ensure sufficient samples for the judges, who were required to present medical cards and a \$200 entry fee in order to be impaneled.

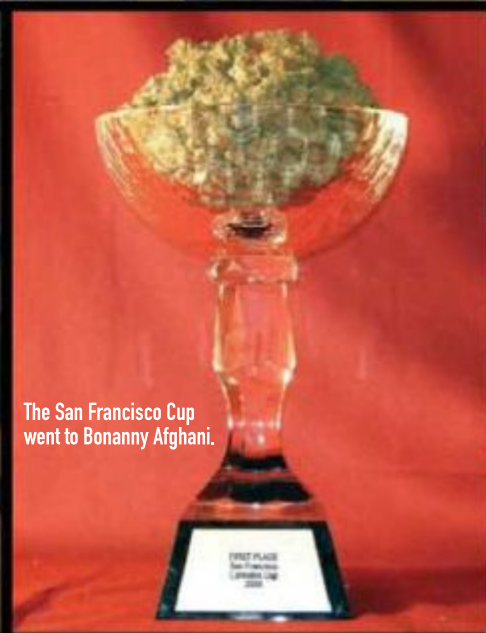
Twenty-nine strains were on the docket, all of them anonymous. (However, with so many strains to evaluate over the course of only a few hours, the judging was largely determined by bouquet.) When the votes were in, the top two spots went to fruity, aromatic indoor strains. San Francisco's Small Garden Select (SGS) Collective took first place for their Bonanny Afghani, which expanded the lungs and tingled the nostrils with a clean taste redolent of mango. The City Cannabis Couriers Collective (CCC) took second place with Kauai, while third place went to Alameda's Green Door Collective for their Platinum Purple strain.

At the Santa Cruz Cup, about 150 self-appointed pot experts showed up at the rented VFW hall downtown to do their duty. There were no restrictions on judges (though most did have valid medical cards)—and although the strains were grown by fully licensed medical growers, it seems likely that some people in attendance who were not members of collectives grew crop quantities far beyond the state's personal-use guidelines.

Thankfully, there were far less than 29 strains to judge. However, only two of the six strains entered were from the

Afwreck gets divvied up into judges' samples at the Santa Cruz Cup.

In Santa Cruz, judges pondered the evidence at the local VFW hall.



The San Francisco Cup went to Bonanny Afghani.



Blueberry took the Santa Cruz cup.

Santa Cruz area; the other four hailed from distant Trinity, Humboldt and Calaveras counties. Still, no one seemed to mind too much—Californians, like everyone else, will smoke great weed no matter where it's from.

Blueberry was the crowd favorite this year, a popular outdoor *indica* grown widely in California's north country. The grower was pleasantly surprised; he's actually partial to Afwreck, a strain he grew and entered as well, which he describes as "maximally sedating." Sadly, the Afwreck finished out of the money.

Second place was taken by the C&Z growers of Santa Cruz for a Granddaddy Purple, which finished only four votes behind the Blueberry. It was packed with crystals and revealed a deep purple hue when broken open. One of the growers called it his favorite strain for its ability to treat the back pain and migraines he suffers.

The White, a Santa Cruz legend with roots going back 20 years, took third place. Grown by Lyberti Pharms, its origins are hazy, but most agree that it's certainly some type of Kush cross.

The growers who attended these events for the purpose of educating themselves found their brethren eager to share details about cultivation, flushing and curing techniques. Some folks arrived with unofficial samples to share, plucked from prize colas. Indeed, friendly farmers like these always lend an extra-special flavor to Cup events. —Dan Skye, Chris & Bobby G Blunt





Snowcap, grown outdoors in Calaveras County, didn't finish in the Santa Cruz Cup's top three, but it finished many of the judges!

## THE DOCTOR IS IN!

Dr. Jean Talleyrand, MD, is the president of MediCann, a group of integrative medical clinics dedicated to providing health and wellness services, including evaluations for medical marijuana. An alumnus of the School of Medicine at both Brown and Boston universities, Talleyrand began his practice in California, where he issued his first medical-marijuana recommendations while working for San Francisco's Department of Public Health. He found that medical marijuana perfectly complemented his interest in alternative health care. Talleyrand sat down with us to share his professional views on the issue of medical cannabis.

### What is MediCann?

MediCann is a group of 17 health clinics located throughout California, from Eureka to San Diego—the exact locations are on our website, [medicannusa.com](http://medicannusa.com). Over five years, we have exploded to 17 locations, and the need continues to grow. We are planning on opening another five locations in 2009.

We provide medical-marijuana evaluations—not marijuana. At some locations, we offer alternative services, from nutrition to acupuncture and massage therapy. We also provide alternative-medicine education through brochures. Some patients will begin to use our clinics this year for support groups and seminars, including military veterans who suffer from post-traumatic stress disorder. We employ 19 doctors, most of whom work part-time for us.

### What sort of hurdles did MediCann have to overcome?

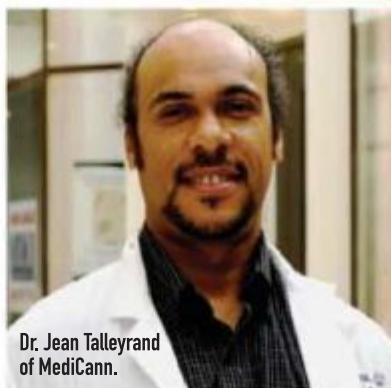
The ability to write recommendations for medical marijuana became law in 1996 in California. When we incorporated, we immediately regis-

tered with the California Medical Board and have followed their requirements as closely as possible. So we've had little trouble with our business. The biggest hurdle, as I see it, is convincing those who are self-medicating that they can do it legally without fear of repercussion. Also, I would like patients to have more advice or education on their illness and how best to use this herb.

### What are the most common reasons for which MediCann writes cannabis prescriptions?

Our top five diagnoses are lower back pain, arthritis, insomnia, anxiety and traumatic injuries. Migraine headaches, cancer convalescence and HIV-related disorders are among our top 20 diagnoses.

We do not discuss dosing; we recommend the use for those patients that find benefits. Also, since we're talking about herbal medicine instead of pharmaceutical medicine, administration is different: Herbal medicines are generally milder and typically used with regularity—not as a magic bullet to obliterate symp-



Dr. Jean Talleyrand of MediCann.

toms. They also generally have little to no side effects.

### How many recommendations has MediCann written to date?

We have over 115,000 patient medical files. About half of these patients return to us yearly; some have over the entire five years.

### Do you have any insights as to the benefits of *indicas* versus *sativas*?

Using marijuana based on its genetic variation is not likely useful. *Cannabis sativa* and *Cannabis indica* are two different types of marijuana plants. Over the years, plants have been crossed or hybridized so much that some people say that there are no true *sativas* or *indicas* available anymore.

Among the dispensaries in California, strains are being promoted for certain illnesses. Actually, there is no scientific basis behind this. Cannabis plants can be easily altered by the growing method and how you feed them.

### Do you have a vision for the distribu-

tion of medical cannabis that differs from the current system?

Patients who don't grow their own medicine have no way of knowing if the medicine they're purchasing from the dispensaries is without pesticides or other chemicals. There is no regulation of the commercial growing of medical marijuana; California seems to have avoided addressing this issue—probably because of concerns over the federal control of commerce. Unfortunately, patients suffer. Growers continue to hide for fear of DEA or local law enforcement raids. They put their plants underneath trees and in underground bunkers, having to use anti-mold agents and other chemicals to keep them viable. Marijuana needs to be treated as medicine, with regulation on all levels of the industry.

### Is cannabis generally a recession-proof industry?

I can't speak for the California cannabis industry, but I can say that people have used marijuana as medicine—and cannabis for industrial use—for thousands of years. As far back as the 1800s, medical societies and groups have been proponents of marijuana for many illnesses. Parke-Davis used to sell cannabis tincture for medical use in the 1920s and 1930s—and today, we continue to use marijuana as medicine. Whether legal or illegal, it will continue to be used as long as humans are alive and the plant exists. It's too powerful and successful a treatment to be swept under the rug.—C&BG Blunt



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# WEEDITOPIA

**Learn how to save money and the planet while growing the greatest, greenest ganja on Earth with a return trip to Northern California's Namaste Center for Sustainable Ganja Farming.**

**By David Bienenstock | Photos by Waterbear**

During the height of last year's ganja growing season, HIGH TIMES dispatched one of our New York City-based reporters to Northern California to investigate a group of environmentally conscious medical-marijuana providers. He returned with a story entitled "Weeditopia" ([hightimes.com/weeditopia/](http://hightimes.com/weeditopia/)), which detailed not only the ecologically friendly cultivation methods employed by the residents of the Namaste Center for Sustainable Ganja Farming (a pseudonym), but also the unique lifestyle that flourished on their land.

While our reporter noted the solar-powered water pumps, organic food gardens, compost toilets and rainwater-collection systems, he also took part in communal meals, consensus-based planning meetings and spontaneous late-night drum circles around the campfire. Along the way,

he envisioned a world not too far into the future in which marijuana was not only legalized, but actively adopted by a new generation of growers as a means of providing society with much-needed medicine, while providing themselves with a way to make a living—and form a community—that appealed to their highest ideals.

After numerous requests from readers all over the country, we dispatched that same reporter to Northern California during this year's harvest, to check in with the plants and people at the Namaste Center, and to provide our readers with more detailed instructions for adopting eco-friendly cultivation practices in their own gardens, whether food or ganja, large or small, indoor or out.





Growing your ganja in tune with Mother Earth can be a very rewarding experience.

# EMERGING

And so, as the modern world moves quickly into a bold new era and the ancient Mayan calendar rapidly approaches its ultimate jumping-off point—December 21, 2012—let’s stop a moment and consider that some of the oldest wisdom on Earth still has tremendous value, particularly for those of us who have tied our health, wealth and well-being to the flourishing of a plant.

It was not too long ago in the grand scheme of things, after all, that the first seed was saved and later planted, and our ancient ancestors took their initial, shaky steps out of the chaos of prehistory. Prior to that pivotal innovation, humans hunted and gathered, finding their food and medicine wherever nature provided. Now, through trial and error and the happy accidents that preface all great discoveries, these primitive farmers began slowly learning and perfecting countless ways of working with Mother Nature, using their tools and innovations to support her natural cycles.

And thus, for thousands of years, agriculture remained completely organic, overwhelmingly local and largely sustainable—until, in the name

of corporate profits and consumer “convenience,” surplus chemicals left over from World War II were repurposed to create the modern, petroleum-based “agri-business” model. Complex cycles developed over countless generations were quickly torn apart and replaced by an assembly line of synthetic fertilizers and pesticides, leading to a food system that’s focused on producing the newest flavor of Doritos while the soil degrades, the family farmer goes broke, and the rivers clog with animal waste once treasured as an invaluable fertilizer.

That’s the bad news. The good news is that now’s the time to truly return to the land. Just as the market for local and organic food has skyrocketed in the last five years, so too has the market for organic ganja. And best of all, by conserving your resources, avoiding costly chemical additives, and tapping into the latest (and oldest) eco-gardening techniques, you can actually grow your all-natural, fully sustainable, wonderfully medicinal ganja for a lot less money than the next guy.





# THE GREAT OUTDOORS: "Let the Sunshine in!"

Most marijuana smokers are not only denied the pleasure of growing their own, but even of knowing where their own comes from, who grew it and how.

In fact, aside from pictures in this magazine and on the Internet, the majority of America's 25 million stoners have never even *seen* a real live marijuana plant in the great outdoors. So take it from someone who has: It's a breathtaking and wondrous sight. Mary Jane looks so beautiful out in the middle of some lovely pasture, valley or hillside, soaked in morning sunshine and bright dew, leaves fluttering in a gentle breeze.

In a perfect world, all pot plants would live their lives outdoors, taking their nourishment from the sun and soil, breathing in our desperately unwanted carbon and gifting us oxygen in return. Remember, it's only the misguided laws against weed that ever drove us to hide our love away in the first place, and as soon as those laws are abolished forever, we will come out of our closets (and basements, and attics) once and for all.

For now, however, the reasons for growing marijuana indoors—stealth, convenience, quicker harvests, lack of outdoor space—remain understandable in some circumstances. But as far as the ecological impact goes, not to mention the amount of yield per dollar invested, there's still no comparison with outdoor gardens. Think about it: Going back to nature replaces electric bills and high-intensity lights with free sunshine; replaces carbon filters and fans with fresh air, trips to the hydro store with nutrient-rich natural soil, all the costs of growroom construction with a bucket and a watering can, and so on.

And if you're worried about quality, don't be: This reporter has traveled all over the world in pursuit of the best herb, and he's proud to report that the outdoor organic buds at the Namaste Center can roll with the best of them. And all with no artificial colors or flavors.

Hopefully, by now we've convinced a few indoor growers to make the switch once the time is right. In the meantime, you can grow a little greener indoors by using more efficient 600-watt bulbs, running them at night, keeping them clean and dust-free, and connecting them to properly functioning digital ballasts. You can also lower your energy costs and carbon footprint by switching your electrical current to 220, installing proper insulation in your growroom and home, using fluorescent lights for clones instead of high-intensity ones, and installing light movers in your flowering room (which will allow you to use lower-watt bulbs to get the same amount of light to your plants while burning less energy).

And don't forget: An indoor growroom can also be an organic growroom. It starts with using either organic soil or an eco-friendly soilless medium like coco peat, and it means that from start to finish, everything that touches your plants is 100 percent organic, including fertilizers like bat guano and natural pesticides like neem oil. Perhaps most importantly, indoor growers should seriously consider contributing some of their non-ganja green to the movement to legalize marijuana, so that we can all start growing (and smoking) out in the sunshine as soon as possible!

Organic ganja loves to soak in pure sunshine.



Outdoor growers get big yields for less money.



Perfect purple pot, with no artificial colors or flavors.





After a successful harvest, always make a generous offering to the local machine elves!



## WATER PRESSURE

All across the globe, the depletion of clean, fresh water looms as a serious ecological challenge—one that already takes lives in many Third World nations and threatens to turn vast stretches of the earth into desert. This means that water, which fast-growing cannabis desperately needs to thrive, will become increasingly scarce and expensive in all but the wettest climates. It also means that ganja growers have both a moral and a financial interest in conserving water now.

Let's start with the fresh, clean water that falls from the sky. After all, collecting rainwater is not only one of the oldest and most basic of agricultural techniques; it's also one of the best ways for modern marijuana farmers to reduce both water usage and costs. And rainwater's not only free—it's also far better suited for your plants than what comes out of the tap.

The Internet abounds with simple instructions for attaching a rain barrel to your house's gutters, and countless variations on this theme will work in almost any setting with adequate rainfall. So get started as soon as possible, and make sure the next thunderstorm that passes through works for you and your garden.

*Drip, drip, drip ....*

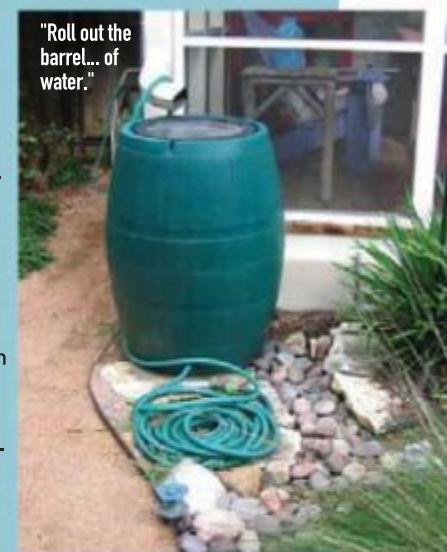
If that's the sound of your faucet, you're wasting water—a precious natural resource—and need to fix it immediately. But if it's the sound of your drip-irrigation system, congratulations: You're on the right track, because unless you have a small garden that you can easily tend to during the day, setting up one of these simple, automatic watering systems makes sense for your plants, your pocket-book and the planet.

By watering in drips—small, carefully measured amounts at preset times of the day—these automatic irrigation systems ensure that your plants absorb as much of each watering as possible. Over time, you can adjust the settings until your plants receive an ideal amount of water for optimal growth.

Also, whether you water by hand or set up an irrigation system, you should always water your plants early in the morning or in the cool of the evening, to ensure that their roots get the most water before it's lost to evaporation. If you're using a watering can, water slowly, giving each plant a little at a time and then waiting for the soil to absorb it before adding more. Putting a bit of mulch on top of your soil will also help the plants to retain water and use it more efficiently.



"Duck, duck, duck.... kush."



"Roll out the barrel... of water."

## PERMACULTURE

Short for "permanent agriculture," *permaculture* is a philosophy of designing human habitats with a heavy emphasis on sustainability and self-sufficiency, particularly by learning to mimic the symbiotic systems found in nature. The phrase gained popularity with the work of Bill Molison and David Holmgren in the 1970s, but the concept itself is ancient, dating back to a time when all agricultural production was, by necessity, local and sustainable.

"The problem is the solution," permaculturists are fond of saying, which means making what you have work for you and making do without the rest. There are many applications of this principle. For instance, the photo above shows a good example of pairing the problem (the need to trim fan leaves from a garden of outdoor buds) with the solution (a bunch of hungry, leaf-chomping ducks). Good thing those ducks don't eat buds .... Now if only they had longer necks!



# COMPOST TEA TIME

"I've never grown ganja conventionally," the Namaste Center's head ganja grower admits. "I've never had the money to do it."

So instead of buying costly soil amendments, these farmers decided to brew compost tea instead, implementing their own version of a system developed by soil expert Elaine Ingham. The Namaste Center first experimented with compost tea last season with amazing results. For just a fraction of the cost—and a lot less effort—they replaced all of their fertilizers and pesticides with a few applications of the tea, both by pouring it into the soil and by using it as a foliar spray on the leaves.

Compost tea, a brew made from the farm's collected organic-waste matter (like old leaves, pulled weeds and discarded kitchen scraps) plus locally harvested organic amendments like fish hydrolysate, kelp, crab-shell meal, soluble seaweed and earthworm castings, not only feeds the plants; it also builds the soil and fights off pests and diseases. Once again, this is a case of the latest science rediscovering the importance of the oldest wisdom.

Instead of thinking of soil as an empty hole into which you pour money and bottles of unpro-

## Compost tea protects your plants against rivals like spider mites, bud mold and powdery mildew.

nounceable stuff from the hydro store, think of it as a living community of tiny organisms and bacteria that have specifically evolved to benefit plant growth in exchange for their own microscopic free ride. Feed these tiny organisms and they will gladly not only feed your crops in return, but also defend them against unwanted rivals like spider mites, bud mold, powdery mildew and caterpillars.

The process starts with a well-maintained compost pile, which not only provides the raw material for compost tea, but also reduces the amount of trash produced on the farm. This, in turn, helps the Namaste Center farmers make fewer trips into town, thus letting them keep a nice, low profile. And even in Weeditopia, a low profile is still a good thing.

Meanwhile, many factors will affect exactly how you go about mixing up your own compost, based on the local climate, the number of plants you're growing, and the amount and type of waste you have to use. A well-maintained pile won't stink much, but it's still best to put it in an out-of-the-way place. Constructing a bin will keep a smaller compost pile neat and contained, but for a larger one you needn't bother.

Do some research first, and plan your composting carefully so that you don't end up with a big pile of rotting garbage. The interior of your compost pile must reach at least 140°F for at least three days straight in order to kill off the harmful bacteria and plant pathogens. Also, you must carefully monitor what goes into the pile—and in what



This compost pile consists primarily of decomposing pot leaves.

A simple setup can brew compost tea teeming with complex organisms.

Real compost tea starts with real compost.

amounts—to make sure there's a proper balance of carbon, nitrogen and other elements. By the time your pile fully composts, the organic material will actually smell sweet, rich and earthy, and it will break up easily in your hand.

Farmers of all kinds already consider compost an invaluable element in their gardens, mixing it directly into their soil before planting and adding more as necessary throughout the season. By simply stuffing this material into a mesh sack and soaking it in water, you can create a rudimentary compost extract that can be more easily applied to plants, and in a form they can more efficiently absorb.

The next step, if you choose to take it, involves "brewing" this extract along with a food source like molasses, thereby extracting far more of the nutrients from the compost and creating a living population of beneficial microbes within the tea. When you apply compost tea to your plants, this "living soil" reaches the roots through watering and reaches the leaves when you spray them directly—and in both cases will quickly go to work feeding and protecting your increasingly beautiful ganja.

Most gardening stores have ready-made compost-tea-brewing systems available to buy off the shelf, or you can find simple instructions on the Internet for constructing your own. Switching your garden to compost tea will definitely take a little time and research up front, but down the road you'll be smoking sweeter, stronger, healthier buds at a fraction of the cost. Think of it as having a *ménage à trois* with Mother Earth and Mary Jane!

## GROW YOUR OWN (FOOD)

Come harvest time at the Namaste Center, the small regular farming crew begins to expand with friends, friends of friends and other helping hands until there's about 30 full-time live-in workers during the height of the trimming sessions. That makes for a lot of hungry mouths to feed, especially considering that most of them have been smoking scissor hash since first thing in the morning.

By growing their own food, the farmers at the Namaste Center can provide healthy organic meals for these workers at less than half the cost of a trip to the supermarket, including the lengthy ride into town. Growing your own also eliminates the large carbon footprint left by transporting food from all over the world. And once again, by being self-reliant and thrifty, the Namaste Center maintains a low profile—hitting the food co-op as little as possible rather than shopping for a small army.

Best of all, since the center is already extensively involved in agriculture, it's just a matter of devoting adequate space to vegetables, salad greens and other edible plants, feeding them the same compost tea as the ganja, and harvesting a delicious bounty day after day.

So who's hungry?





### Medicinal use

Cannabis has always been used as a medicine. Medical patients around the world noticed that the Paradise Seeds varieties are excellent to help relieve pain and suffering, reduce nausea, induce appetite and treat a range of other ailments for people who require medical marijuana.

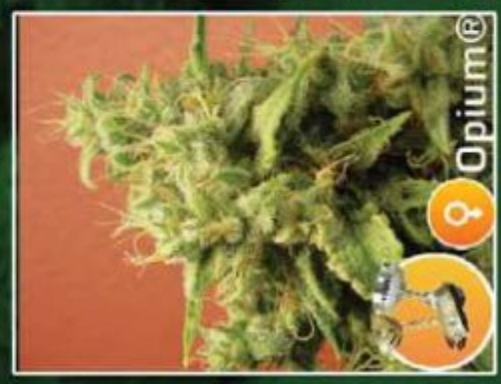


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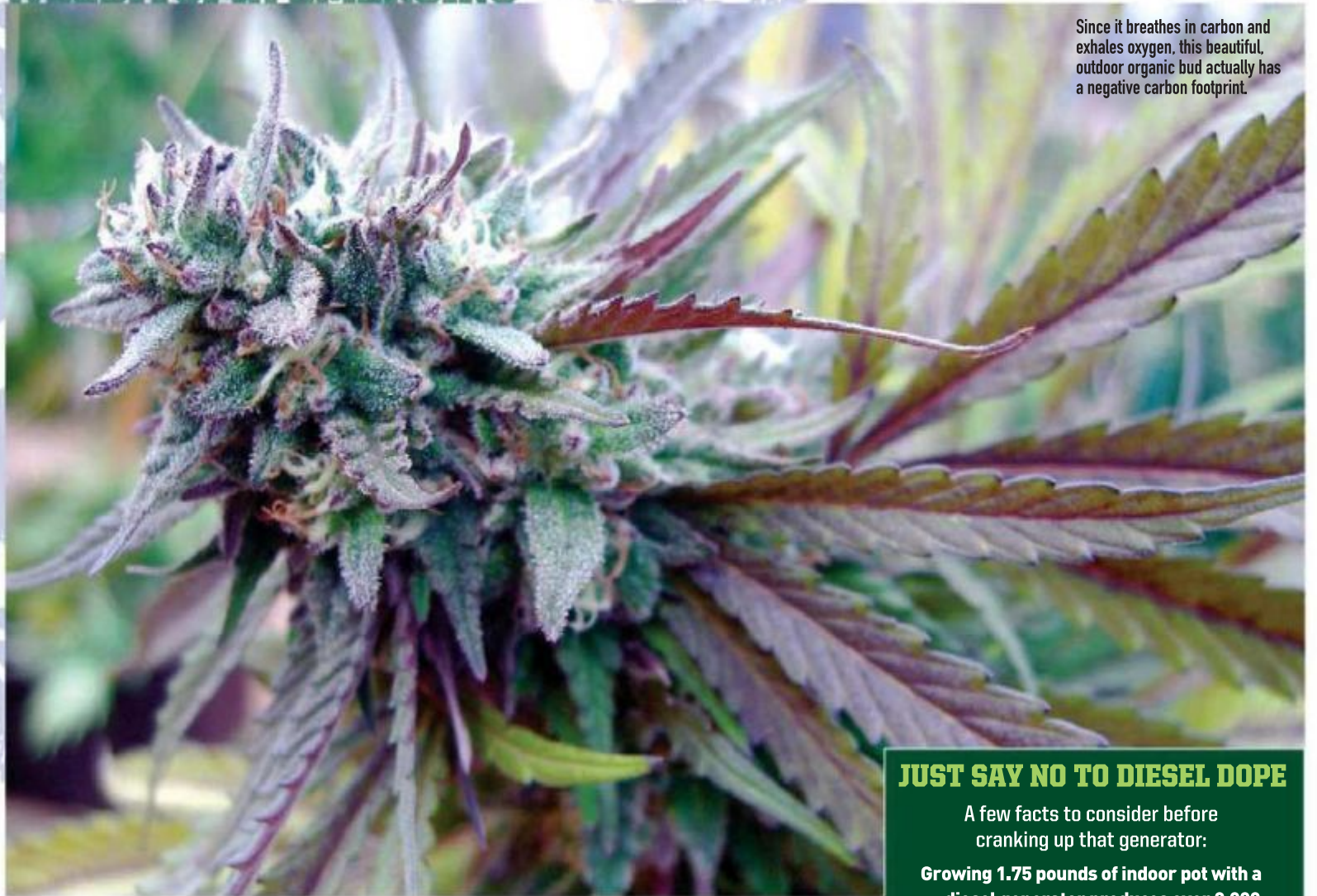
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Since it breathes in carbon and exhales oxygen, this beautiful, outdoor organic bud actually has a negative carbon footprint.



## COMMUNITIES AGAINST POT POLLUTION

Last spring, a group of longtime residents in Northern California's legendary Humboldt County met to discuss the number of indoor grow operations setting up shop in what used to be America's premier breadbasket of outdoor ganja. The great migration from hidden guerrilla plots in remote locations to large, diesel-powered indoor bud factories started when the federal government first began its Campaign Against Marijuana Planting (CAMP) program in 1983.

Faced with intensive enforcement efforts, including frequent helicopter assaults on their gardens, an increasing number of native pot growers opted for the relative safety of moving indoors, hoping to protect themselves, their plants and their livelihoods. Recently, a steady influx of outsiders—often more interested in pot profits than quality, safety, the locals or the environment—has pushed the issue to the forefront, prompting a community meeting in a community that mostly prefers to keep to the shadows.

Calling itself Communities Addressing Pot Pollution (CAPP), a group of eco-minded longtime Humboldt locals—many of them also longtime outdoor growers—met informally for the first time to discuss the environmental impact of these indoor grow ops. A few weeks later, one of their worst fears came to life, right in their own backyard.

"The spill gave everyone a kick in the butt," an anonymous CAPP spokesperson told our reporter while spreading the group's message at this year's NORML conference in Berkeley, CA. "We realized that we've got to stop being silent because of the paranoia that goes with growing pot."

The spill, which sent up to 1,000 gallons of diesel into Hacker Creek in southern Humboldt County, occurred when one of the giant fuel tanks used to power an illegal indoor grow op overflowed. Improperly installed and set up without a containment unit, the tank sent its toxic payload directly into an environmentally sensitive woodland creek.

An anonymous whistleblower called the authorities, and a \$200,000 clean-up effort quickly began, with local specialists removing the tanks, digging up contaminated soil and using specially absorbent materials to soak up even more. Still, the damage was done, and unfortunately it won't be the last time—at least until we finally legalize marijuana and take the profit incentive out of diesel-powered gardens.

Until then, CAPP hopes the spill at Hacker Creek can serve as the starting point for a sensitive but long-overdue discussion about the responsibilities of ganja growers—a subject with the potential to cut deeply in a part of the country largely dependent on marijuana commerce. For starters, CAPP is calling on all indoor growers to, at the very least, install proper containment units on all diesel tanks to avoid future spills, and to run their generators on far less polluting biodiesel. Also, CAPP is insisting that growers make sure all

### JUST SAY NO TO DIESEL DOPE

A few facts to consider before cranking up that generator:

**Growing 1.75 pounds of indoor pot with a diesel generator produces over 3,000 pounds of CO<sub>2</sub>.**

**A 20-light indoor grow operation uses approximately 1,500 gallons of diesel per 75 day cycle.**

**Most "diesel grows" require 75 gallons of the fuel to produce just 1 pound of herb.**

**Indoor grow rooms, which rely on a completely artificial growing environment, serve as breeding grounds for pests and diseases.**

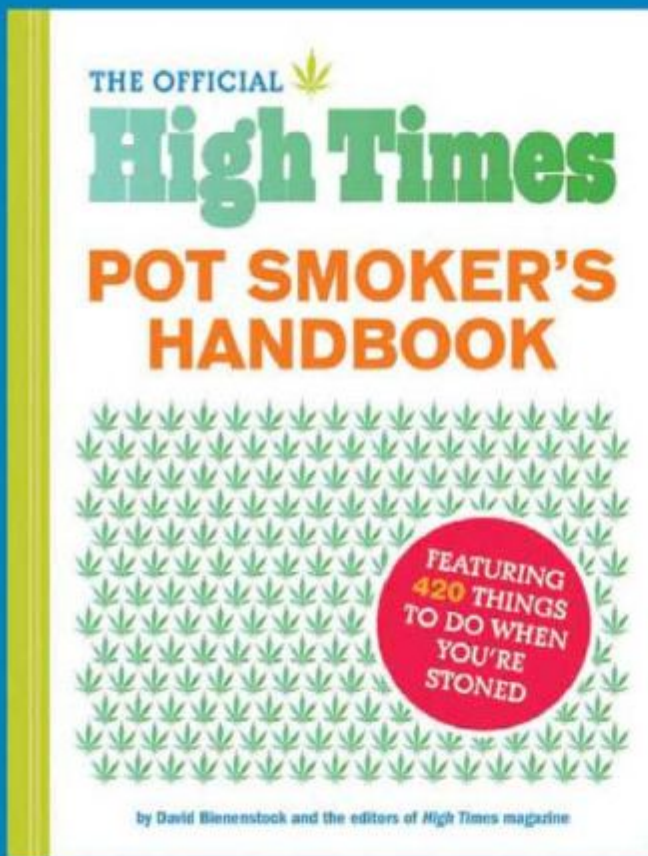
wiring and electrical equipment is up to code, and that they shut down indoor operations entirely during the dry, hot summers—in both cases to avoid the possibility of starting a wildfire.

But more importantly, CAPP hopes that by educating fellow ganja growers, it can convince them to make the more ethical decision to grow the kind of outdoor, organic ganja that most cannabis consumers still associate with Humboldt's finest. The group also wants to educate cannabis consumers about the benefits—including cost, taste, health and sustainability—of supporting growers who are doing it right.

"It's a really touchy subject, because there's a lot of money involved—and, unfortunately, a lot of people on the buying end don't understand what they're buying into," CAPP's spokesperson says, citing a cultural bias that erroneously equates indoor hydro buds with higher potency. "We need a hip-hop song about organic outdoor to fix the whole problem. Let's get back to the roots of what made Humboldt County famous in the first place."



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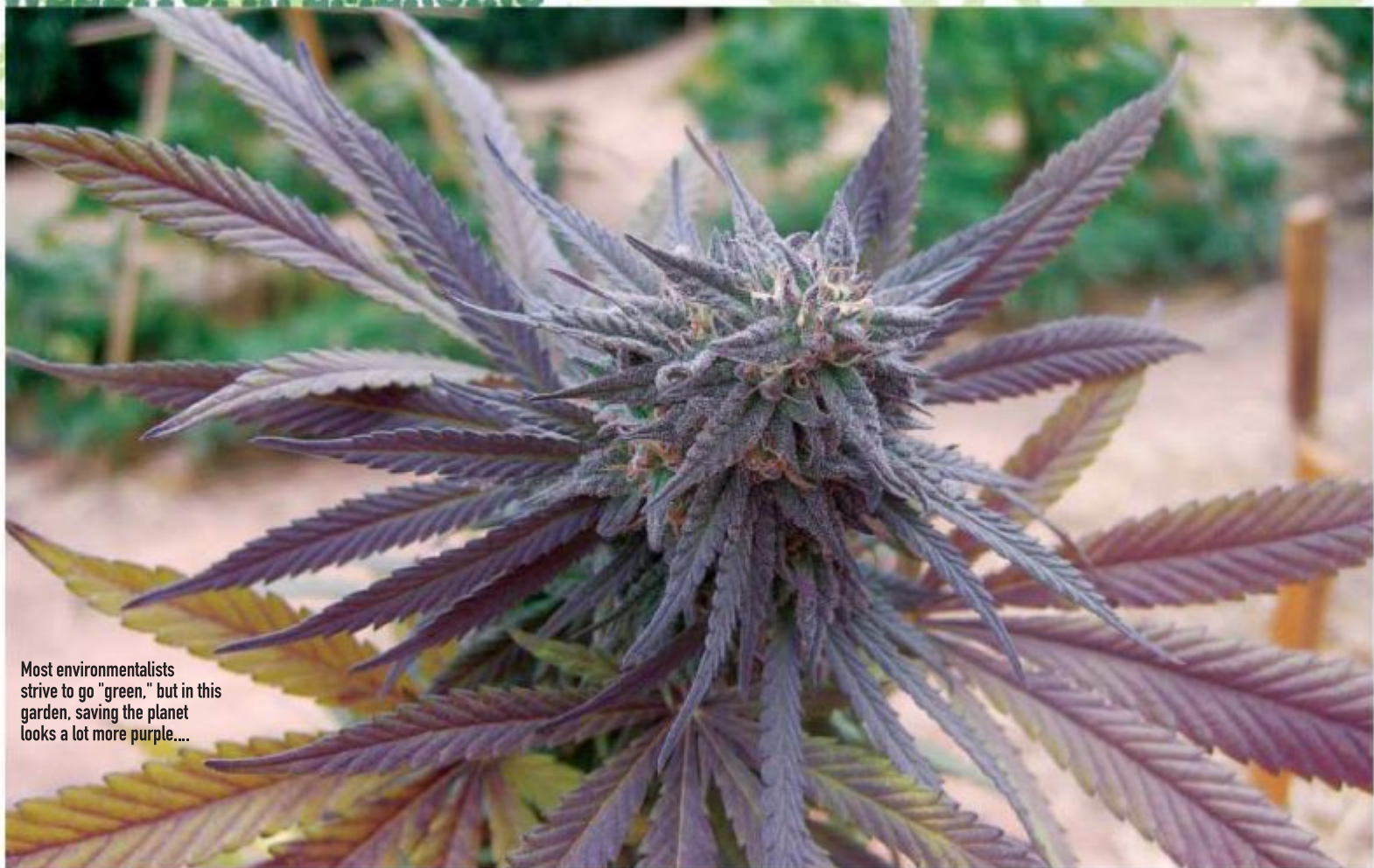
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CHRONICLE BOOKS





Most environmentalists strive to go "green," but in this garden, saving the planet looks a lot more purple....

## COVER CROPS

In a time long before factory farming, the men and women who worked the land learned that by rotating different crops on the same pasture, they could ensure that the soil remained well balanced and harvest bigger yields, while keeping pests and diseases off-balance and on the run.

Modern-day ganja growers can also benefit from this ancient wisdom. After a season of vigorous cannabis cultivation, a stretch of soil can find itself significantly depleted of nitrogen, a vital element that next year's marijuana plants will need in order to reach optimal growth. To "fix" this problem, certain crops can be planted in the off-season that will not only thrive in this environment, but actively return nitrogen to the soil as they grow.

Any quality organic-gardening guide will discuss cover crops extensively, but in this instance, the cannabis cultivators that our reporter consulted recommended planting fava beans immediately after harvest, and then coming back in the spring to cut the bean plants down before they went into flowering. Then you turn the soil over until the cut-down stalks are fully buried.

Let the decomposing fava plants sit in the soil for a month before you plant more ganja, and you'll find that your nitrogen-fixing cover crop has decomposed into a solid compost base that attracts earthworms and other beneficial organisms.



Worm your way into the art of vermiculture.

## WORM BOXING

Ask any organic farmer about earthworms and you're likely to get an earful—not an earful of worms (hopefully), but rather an earful of praise for these small but incredibly helpful creatures.

So what's so great about having a long, slimy creepy-crawler in your garden? Well, to put it plainly, earthworms eat decaying elements in the soil and poop out the finest nutrient-rich organic fertilizer in the world. They also, well, *worm* their way through the soil, creating small air pockets that allow your plants' roots to stretch and seek nutrients.

A well-maintained compost pile will attract earthworms and eventually increase their number, but by engaging in the dark art of *vermiculture*—also known as "making a worm box"—even a small-scale farmer living alone in an apartment can create an impressive amount of top-quality fertilizer while eliminating a surprisingly large amount of food waste. The basic concept involves raising a specific breed of earthworm known as red wigglers by feeding them your kitchen scraps. The reward comes when the worm box begins to fill up with the kind of fully composted worm poop that your organic ganja craves.

If constructed and maintained properly, your worm box can fit into almost any size space while remaining virtually odorless. As you can see from the picture above, the kind farmers at the Namaste Center have built quite a large worm box for themselves, since they have a lot of plants and plenty of food scraps with so many people living on the land. They obviously have a recommendation when it comes to further reading on the subject of building your own worm box, and there's also lots of good information on the Internet.



The Namaste Center's official trimming teepee.

## THE TRIMMING TEEPEE

One of the ways the Namaste Center strives to reduce its impact on the environment is by housing its workers in alternative, low-impact structures made from local renewable resources. Here we see a trimmer making himself at home in a teepee while snipping away at the latest kind buds to emerge from the drying room. Additional Namaste gardeners live in yurts, yomes and other structures that tread lightly on the environment.



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Plenty of sunshine helps these phatty buds grow up tall, strong, and sticky.

## CLEAN GREEN GANJA

“Don’t panic, it’s organic”—or so goes a saying popular among devotees of all-natural ganja grown without chemical fertilizers or pesticides. But how do you know that sweet, fat sack of Sour Diesel, Trainwreck or Purple Kush is *really* organic? A lucky few can grow their own, but for the majority of cannabis consumers, there’s just no way to be certain.

Despite the fact that medical-marijuana patients, in states with laws protecting their rights, need organic cannabis to treat their ailments without potentially dangerous chemical additives, the US Department of Agriculture has explicitly forbidden its organic certifiers from extending their services to medical-pot growers. And since no agricultural product can be legally called or labeled “organic” without government certification, the situation creates an inescapable Catch-420 that leaves medical-pot smokers in the dark when it comes to their dank.

That’s where Chris Van Hook and his Clean Green certification program come to the rescue. A California attorney and licensed USDA organic certifier, Van Hook responded to this pressing need by creating his own distinct certification program for medical marijuana, one that he assures consumers is no less stringent than the USDA’s process—and in some ways, including an emphasis on sustainability, demonstrably more stringent.

Clean Green certification is available for any “agricultural crop that is legal in the state in which it’s grown,” but it’s clear the emphasis is on providing medical-marijuana patients with an easy way to ensure that they’re getting the best medicine possible. The program also aims to promote better, healthier growing practices by recognizing the growers who are doing it right and the dispensaries that carry their product.

As an attorney *and* a government-licensed organic certifier, Van Hook is uniquely positioned both to educate growers and dispensaries on the requirements for earning certification, and to defend them against any potential problems encountered in the gray market for medical marijuana. To learn more about the Clean Green process, including an introductory video and information on applying for certification, visit [medicalcannabiscaregivers.org/clean\\_green\\_certification.lasso](http://medicalcannabiscaregivers.org/clean_green_certification.lasso). 🌿



## AN ECOTOPIAN INTERVIEW WITH ERNEST CALLENBACH

In his 1975 novel *Ecotopia*, author Ernest Callenbach imagined a world in which Northern California, Oregon and Washington break off from the United States and form an independent republic based on living in harmony with the land. Twenty years later, a journalist from the *New York Times-Post* becomes the first official American visitor to Ecotopia since this war of independence. His newspaper columns describe a modern-day paradise in which the ideals and innovations of environmentalists have been put into practice, using modern technology to work with the bounty of nature rather than trying to subdue it, while creating a society based on community rather than consumerism.

That novel—and its prequel, *Ecotopia Emerging*—inspired our journalist to imagine a world worthy of the name Weeditopia, and then to help explain how we can all work together to bring such a happy condition into existence.

So imagine our reporter’s surprise and delight when none other than Ernest Callenbach, still living in Berkeley, invited him over for a cup of tea, as well as a discussion that would touch on medical marijuana, the end of capitalism, curbside composting, Amish farmers with solar panels, the future of the planet, and why pot smokers need to get more ceremonial.

In *Ecotopia*, by the way, the government not only legalizes marijuana, but also provides citizens with high-quality seeds for free. It’s a policy prescription that Callenbach still considers ahead of its time.

“If you look back through human history you will find that people have always wanted to get high in some form or other,” he explains. “When I wrote *Ecotopia*, I had to look at the pros and cons of different mind-altering substances. And it just seemed to me that, in a society where people were trying to live like sensible animals, marijuana looked like the main contender to be the standard mechanism for getting high.”

Unfortunately, despite some obvious benefits, America still hasn’t adopted such an enlightened policy toward marijuana. So does Callenbach see these changes in the future?

“When I wrote *Ecotopia*, I imagined people could figure out the sensible ways to run a sustainable society, and then they would start doing it,” he says. “Now I’m more cynical, and I realize that change is much more generational. New ideas don’t triumph because they’re right: They triumph because the people who championed the old ideas die.”

Visit [hightimes.com/weeditopia](http://hightimes.com/weeditopia) to read the first article in this series and to listen to a complete audio podcast of the *HIGH TIMES* interview with Ernest Callenbach.





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**Americans are always looking north, wondering if it's really true: Is Canada a pot paradise? Not quite—but they're working on it.**

# CANADIAN BAKIN'

**By Mamakind**

**Much has been made of Canada's relationship with cannabis.**

Rumor and conjecture conjure up images of Dutch-style coffeeshops in areas like BC's Vansterdam and Ontario's Yongesterdam, as well as clinical-grade, government-grown medical cannabis swiftly and widely prescribed by progressive doctors unswayed by the draw of profit, and a garden in every apartment, villa, bungalow or igloo—in short, a verdant veritable mecca of marijuana. Hell, you can even say the word “bong” in a store that sells them and not get kicked out by the owner!

But as with any relationship—no matter how seemingly perfect—subject to scrutiny under the public eye, the flaws that show up have a ten-

dency to become more potent and meaningful. Your fiscally conservative/socially liberal frozen neighbors to the north have been locked (albeit quietly) in a schizophrenic struggle, trying to deal with being both an independent, world-leading nation and a kowtowing US patsy.

All across Canada, there is evidence of this three-steps-forward-two-steps-back foxtrot. When it comes to pot, we could always attempt to tease apart the medical from the recreational—but the harder we try, the more tangled this knot of confusion, speculation, assertion and denial becomes. So let's just not bother and look instead at Canada's dance with the devil weed as a whole.

## POT OF THE PROVINCES

**There's more to the Canadian pot scene than Vancouver, Toronto and Montreal. Growers throughout the Great White North cultivate quality cannabis, and each province has its own favorites and standbys. Danny Danko breaks each one down for a coast-to-coast tasting of Canada's winning weed.**

### NEW BRUNSWICK WHITE WIDOW

The Maritime provinces, home to the original Acadians (who became the Cajuns of Louisiana), aren't known for their pot, but they soon will be. Their White Widow smokes perfectly and tastes like Cali's finest.



HT ARCHIVE, LOCHFOOT (OPPOSITE PAGE)





**BRITISH COLUMBIA PURPLE KUSH**

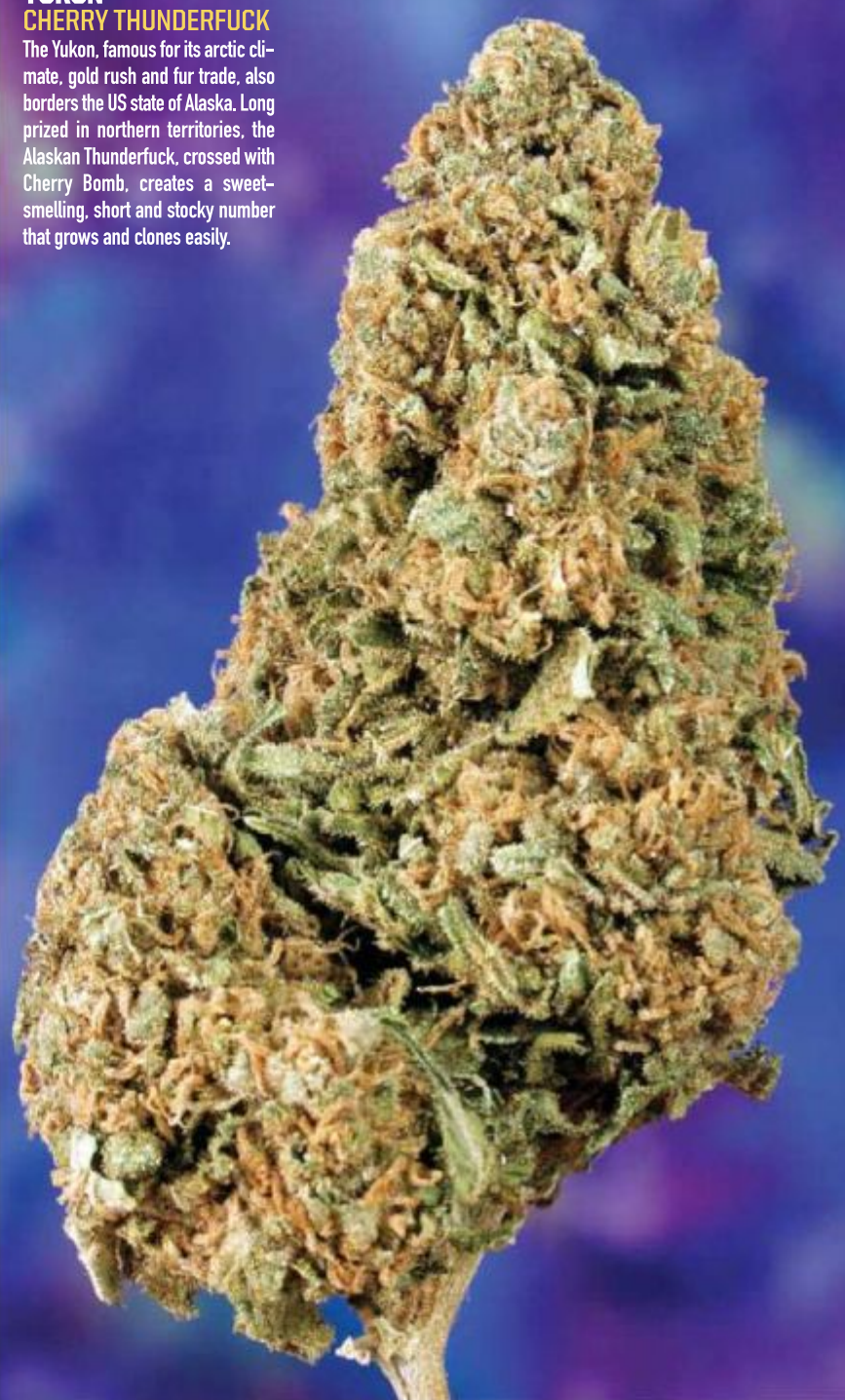
BC growers produce plenty of pretty and potent pot, but the Purple Kush is one of the finest. Skunky and strong, with lavender coloring and trichomes galore, the PK commands high prices from Victoria to Vancouver.





**YUKON CHERRY THUNDERFUCK**

The Yukon, famous for its arctic climate, gold rush and fur trade, also borders the US state of Alaska. Long prized in northern territories, the Alaskan Thunderfuck, crossed with Cherry Bomb, creates a sweet-smelling, short and stocky number that grows and clones easily.

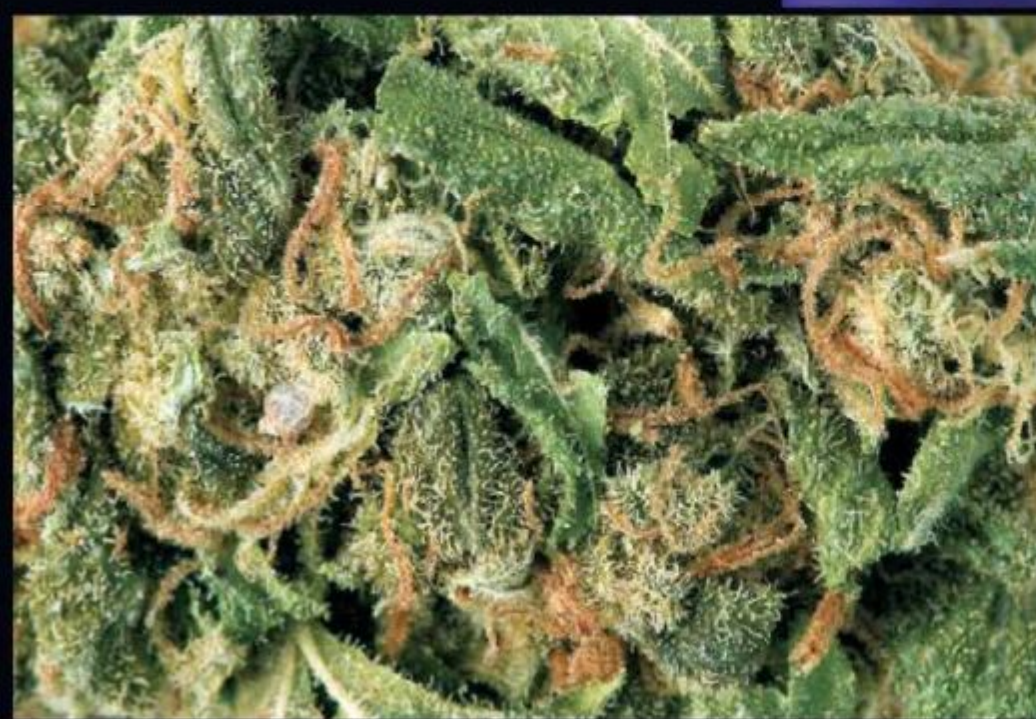


**NORTHWEST TERRITORIES AURORA INDICA**

Afghani-based pot plants seem to do well in Canada's rocky and mountainous areas, and the Aurora Indica is no exception. Fast-flowering and supremely potent, this strain continues to flourish in the Great White North.

**NUNAVUT DIESEL RYDER**

This northernmost territory, inhabited primarily by the native First Nations people, stretches over an area the size of Western Europe. Short seasons and cold weather require fast-flowering plants, and the Diesel Ryder—a relative of the automatically flowering Lowryder strain—finishes quickly and delivers the goods.



**WE LOVE WEED, EH?**

According to the 2007 World Drug Report, put out by the UN Office on Drugs and Crime, Canadians *do* love weed in all its many incarnations—in fact, we rank No. 1 among industrialized nations for cannabis consumption. The birthplace of Tommy Chong and those icons of the new pothead cinema, Seth Rogen and James Franco, boasts toking proclivities *four times* the world's average. It's no wonder, then, that the first stop on Cheech & Chong's "Light Up America & Canada" tour last September—their first live performance in over 25 years—was at the National Arts Center, in the normally staid Canadian capital of Ottawa. How fitting that the reunion should take place in the very country (albeit on the other side of that country) where the duo first took to the stage to make stoner history.

In 1969, around the time that Cheech & Chong were about to perform for the very first time, the federal government tasked Canadian Supreme





## MANITOBA LA CONFIDENTIAL

Another prairie province, Manitoba doesn't get the attention that others do, but it surely grows some primo pot. The LA Confidential from DNA Genetics puts Winnipeg on the cannabis map with potency and flavor galore.

Court Justice Gerald Le Dain with chairing a Commission of Inquiry Into the Non-Medical Use of Drugs, better known as the Le Dain Commission. This investigative commission completed its work in 1972, taking into consideration the testimony of over 12,000 individuals, including the peacefully outspoken John Lennon. The resulting report offered some startlingly sensible recommendations, including removing cannabis completely from the Narcotics Control Act (the precursor to today's Controlled Drugs and Substances Act), thereby legalizing it and shifting the responsibility for regulation to the provinces in a manner similar to alcohol and tobacco. The report also implored the government to fund formal scientific research into the effects of marijuana, for good or ill, on the health and well-being of its users. Unfortunately, the federal government promptly ignored the Le Dain Commission's findings.

However, in keeping with the spirit of this report, Canada did go on to develop an international reputation for reserved open-mindedness, which led in turn to our current reputation for having some of the best, most available pot in the world. The Vietnam War brought a slew of American draft dodgers flowing over the border to hide out in relative peace among the enormous stretches of forests, mountains and islands that make up a significant part of the second-largest country on Earth, in terms of area. They brought with them landrace genetics picked up in the course of their travels, either backpacking on the hippie hashish trails of the Middle East, Central Asia and the Indian subcontinent, or on military deployments or surfing safaris in the South East Asian and Pacific Rim countries. Having no legal way to support themselves, and finding the terrain and attitude similar to the more tolerant parts of the homeland they'd exiled themselves



## SASKATCHEWAN WHITE RHINO

Growers in the prairies need plants with short stature and an even shorter flowering time. White Rhino fits the bill, with chunky buds covered in sugary resin.

from, these enterprising expats turned to cultivation and/or smuggling.

Thus came the birth of the infamous BC Bud, a product characterized by an almost snobbish attention to quality as well as its mind-boggling yield—something that British Columbia may no longer lay sole claim to among the nation's pot-producing provinces and territories (which now number 13 in all, to one degree or another). Cannabis production has become one of the largest sectors of the Canadian economy, which has drawn the considerable ire of the US Drug Czar.

The driving force in the Canadian cannabis economy is surely the seed business. If you lined up the cannabis seeds sold by Canadian growers to the entire world in one year—with the exception of the US, thanks to the threatened, unresolved extradition of Marc Emery, which has scared the bejesus out of anyone even considering mailing seeds, so that Americans now travel over the border to purchase their beans in person—that line would surely extend from Victoria, BC, all the way to the Maritimes. New seed companies and seed banks seem to blossom here on a monthly basis, harnessing the Canadian skill at (and obsession with) adopting cannabis genetics from all over the planet in order to make them viable for every market.

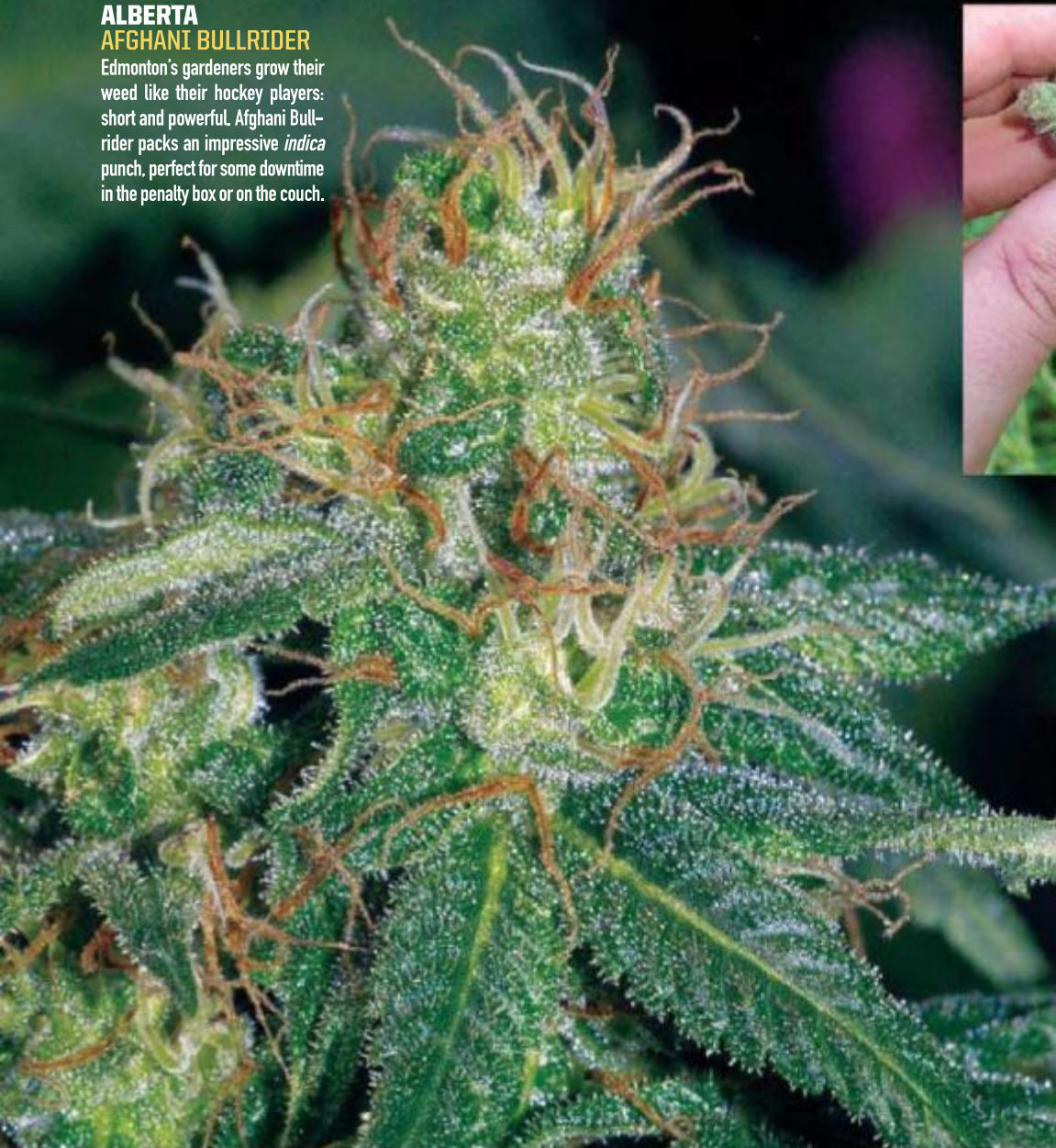
And just in time for the global recession that's weighing so heavily on everyone's mind these days, a Toronto group, Canadians for Cannabis, is mounting the Economic Pot Rally in Queens Park (home of the world's largest Global Marijuana March every May). The intention of this gathering is to highlight the positive economic impact that freeing both marijuana and hemp would have on Canada's ability to withstand the current crisis.





## ALBERTA AFGHANI BULLRIDER

Edmonton's gardeners grow their weed like their hockey players: short and powerful. Afghani Bullrider packs an impressive *indica* punch, perfect for some downtime in the penalty box or on the couch.



## PRINCE EDWARD ISLAND BLUEBERRY HASH PLANT

The tiny island province known as "PEI" boasts some of the best farmland in Canada, and its tight-knit communities share genetics and growing techniques to create some powerhouse pot. The local Blueberry Hash Plant tastes sweet and induces a mind-numbing stone that lasts for hours.

According to financial analysts, however, there is one part of the country that already seems poised to weather the storm: the province of Alberta. The province's largest city, Calgary, is the headquarters of Canada's ruling (though likely not for much longer) Conservative Party, as well as the location of the second-highest number of corporate headquarters in Canada (after Toronto) and the seat of the country's steadfast *legal* economic engine, the energy sector. In fact, the West's insatiable consumption of petroleum products has translated into plenty of steady, high-paying work throughout Alberta, which makes the province one of the few markets in which people can still afford to buy high-end pot and its accompanying paraphernalia. That said, the price of an ounce of primo hasn't changed much in over a decade: around C\$200 an ounce. Though notorious for its Stedenko-like cops, cowboy hats and political conservatism at its most entrenched, the province of Alberta even saw the birth of its own regional cannabis competition, the Alberta Cup, in the fall of 2008.

Calgary420, an activist group spearheaded by the dedicated duo of Keith and Debbie Fagin, has been putting together rallies, socials, legal-information packages, and patient- and public-awareness programs in the city since 2005. Using a similar model, the Southern Alberta Cannabis

Club was founded in 2007 in the university town of Lethbridge, while Edmonton420 was founded in Alberta's capital in 2008.

Canada's cannabis community is currently celebrating a long-overdue "victory for sick people," according to Alan Young, a York University law professor who is Toronto's go-to counsel for the Canadian anti-prohibition movement. An October ruling by the Federal Court of Appeals loosened the monopoly that the federal government has on medical marijuana, further stoking the country's cannabis economy. Whereas legal medicinal users once had a choice of either growing their own medicine, designating a caregiver to grow it for them (but them alone), or buying relatively expensive, heavy-metal- and lumber-laden schwag grown in Flin Flon, a Manitoba mine operated by Prairie Plant Systems (the government's only contractor), they now have the option of using private growers who are permitted to raise plants for numerous patients. This means that companies like Carasel Harvest Supply Corporation and Island Harvest (Canada's only certified-organic cannabis producers) can now vie for what everyone hopes will be multiple government contracts. Obviously, smaller operations can often be run more economically, and more companies competing in the market means more choices for medical users trying to find the best medicine.

Moreover, Canada's population has among the highest public-acceptance rates in the world—over 90 percent—for medical cannabis, with the province of Quebec polling at a staggering *98 percent*. This past year saw Marc-Boris St. Maurice—a longtime activist, founder of the federal Marijuana Party of Canada and president of the 1,000-strong Montreal Compassion Club—open his second "compassion center" (the nonprofit Canadian equivalent of a California-style med-pot dispensary) in 400-year-old Quebec City. And roughly three years ago, Nova Scotia's Rick Simpson started his crusade to bring the healing power of cannabis oil to the people free of charge. After seeing ingested cannabis oil (which he refers to as "hemp oil") provide significant relief to friends and family members suffering from all sorts of nasty ailments, from diabetes to cancer, Rick founded Phoenix Tears, a not-for-profit entity dedicated to spreading information about the use of natural hemp oil and hemp medicines as an effective treatment for a number of serious illnesses. He's beginning a cross-country tour of Canada in May 2009—filming a documentary as he goes—in which he will visit the fields of fine cannabis from which he harvests his life-saving oil.

Ted Smith, who founded one of the nation's oldest dispensaries, the Cannabis Buyers Club of Canada, in Victoria, BC, later went on to originate the University of Victoria's ongoing non-credit lecture series and student organization, the Hempology 101 Society. In February, he hosted the society's first annual film festival and 10th Annual Cannabis Convention, which drew several high-profile activists and noted speakers.

While a certain amount of ideological head-butting exists between Mr. Smith's organization and that of longtime activist Philippe Lucas, the founder of the Vancouver Island Compassion Society (VICS) and a newly appointed Victoria City Council member, Phil and Ted's ongoing dedication to bringing the power of cannabis to the people who need it most is one sure sign of Canada's overall desire to accept cannabis and move forward.

Or is it?



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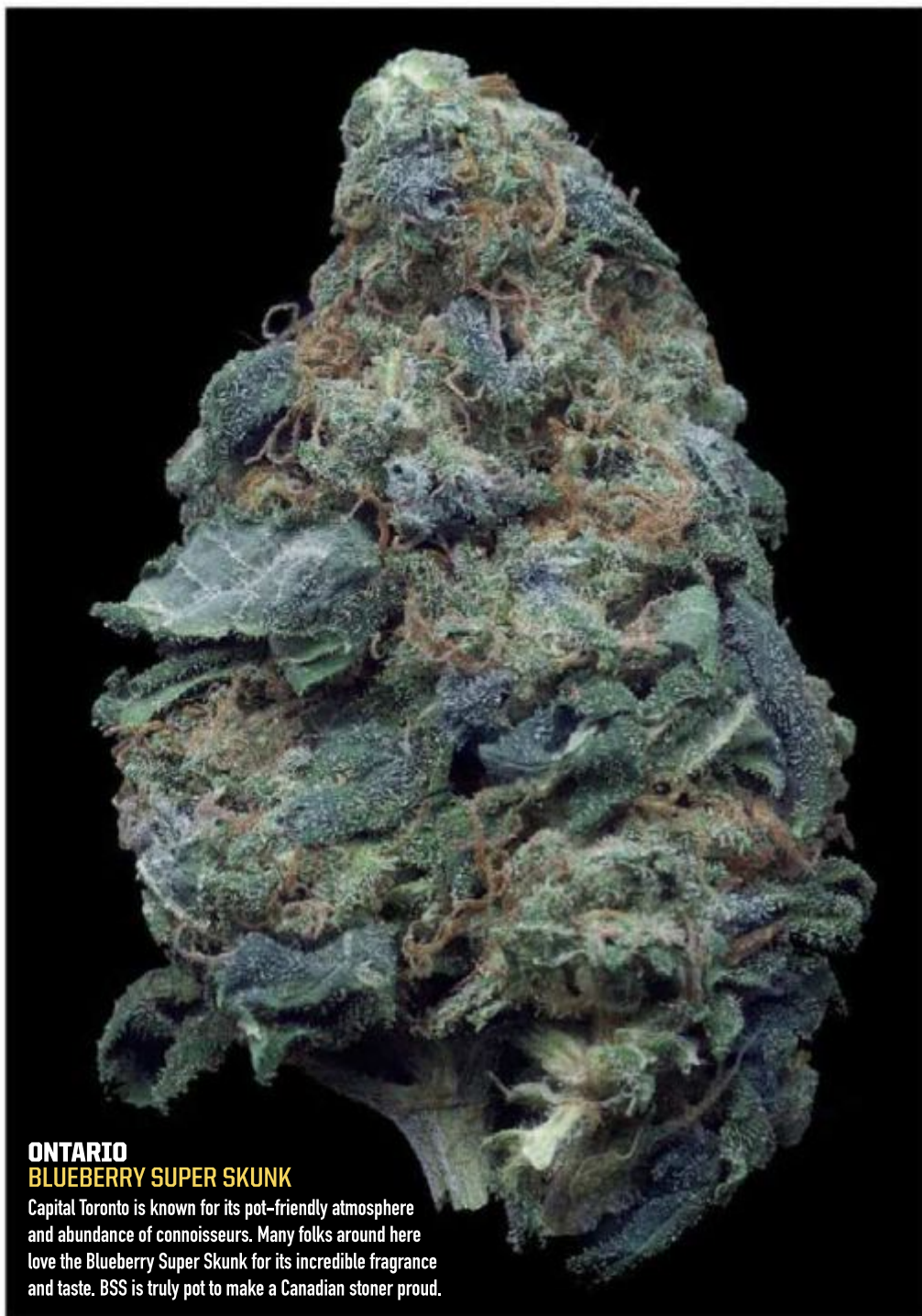


## WE LOVE WEED—NOT!

Before you start thinking that Canada is light-years ahead of the US when it comes to marijuana acceptance, consider this: There are currently 13 states in the US where cannabis has been decriminalized and/or there are medical-marijuana programs in place. Granted, Canadian provinces don't possess the autonomy of American states, but the fact remains that there are still no provinces in Canada that have systematically decriminalized pot. And whereas a large American state like California boasts hundreds of med-pot dispensaries, the whole of Canada has roughly a *dozen*. Also, while thousands of Americans now have medical cards affording them some measure of protection from being prosecuted, the number of sick Canadians who have secured their cards is a mere 3,000—and that number keeps dropping, as the Medical Marijuana Access Regulations are almost purposefully unwieldy and impossible to apply systemically. Also, many doctors are still too spooked and/or indifferent to prescribe cannabis as medicine, even though the authorizations are 100 per cent legal in the eyes of any Canadian court.

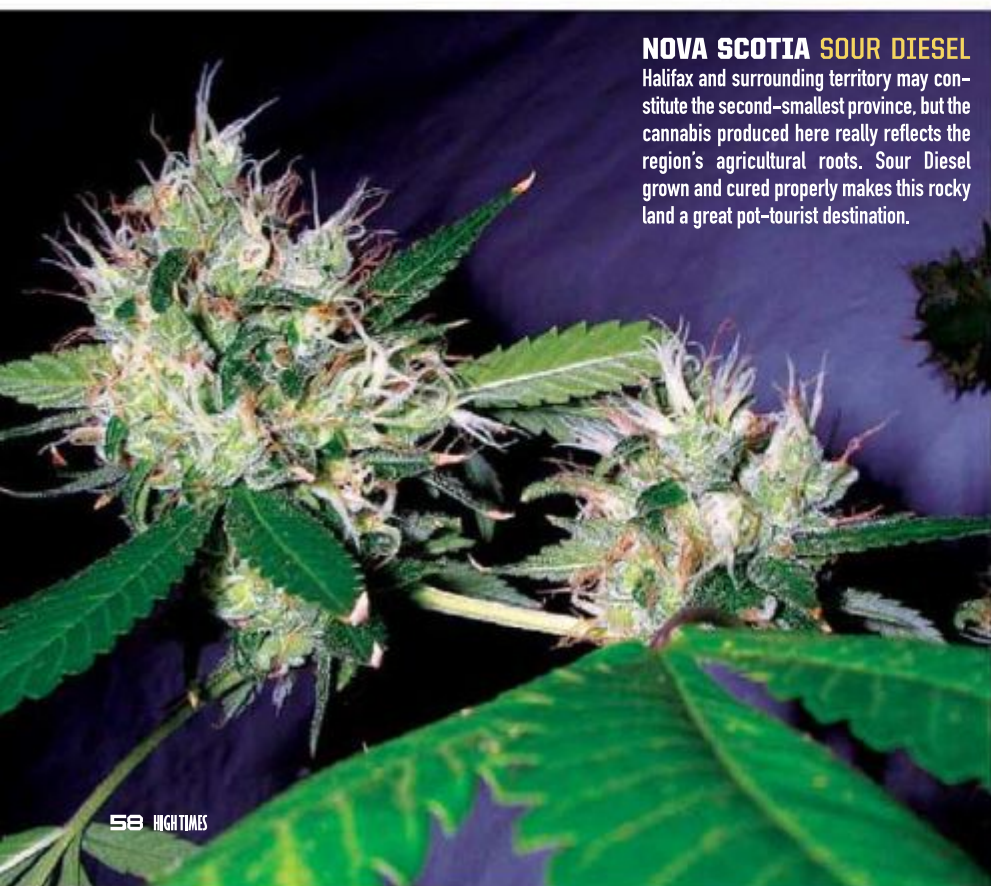
What about the 2003 court decision that supposedly rendered even simple possession laws null and void in Canada, because the federal government failed to adequately retool medical access as ordered? In December 2008, this notion was finally laid to rest when Ontario Superior Court Judge Eva Frank ruled that the Medical Marijuana Access Regulations are in fact sound, and therefore the criminal prohibition of cannabis is still in place. Some challenges are being mounted to this decision, but the optimism that characterized the anti-prohibition community over the last five years has been dented somewhat.

The end of 2008 also saw the raid on Yongesterdam's beloved Kindred Café, one of many BYOB ("bring your own bud") venues in Canada, where Torontonians can smoke freely and without hassle while enjoying free-trade coffee and luscious desserts. An undercover officer was allegedly given a pot-infused milkshake on the premises in early September, but owner Dominic Cramer has yet to see the case go through the courts, and Kindred has since cautiously opened its doors again.



### ONTARIO BLUEBERRY SUPER SKUNK

Capital Toronto is known for its pot-friendly atmosphere and abundance of connoisseurs. Many folks around here love the Blueberry Super Skunk for its incredible fragrance and taste. BSS is truly pot to make a Canadian stoner proud.



### NOVA SCOTIA SOUR DIESEL

Halifax and surrounding territory may constitute the second-smallest province, but the cannabis produced here really reflects the region's agricultural roots. Sour Diesel grown and cured properly makes this rocky land a great pot-tourist destination.

## THE FUTURE?

Although recent developments have humbled the cannabis community, it still has plenty of fight left. The Canadian Cannabis Coalition, founded by Deb Harper in 1999, brings together virtually every major anti-prohibition activist in the nation, creating an invaluable resource for fellow activists, lawyers, medical patients and recreational users alike. Members discuss and advise on legal cases in every jurisdiction and assess varied approaches to ending cannabis prohibition in general. And while attempts to coalesce activists of any sort usually result in failure due to the strong personalities and opinions involved, the CCC has done extremely well thus far, sticking together and addressing these universal issues head-on.

In the end, the most vexing task that confronts the cannabis community here is trying to reconcile two polar opposites: the enormous constituency that wants to see an end to prohibition in this country, and the spineless politicians who allow the government of the United States to dictate Canadian drug policy. One wonders whether the gentle giant of the North, where you can legally marry your gay partner but can't post a sign in the province of Quebec in a language other than French, will ever meaningfully acknowledge the wishes of its own citizens and become the global trendsetter that it appears to be in the eyes of the rest of the world—and that it so desperately wishes to become itself. ✨



## NEWFOUNDLAND & LABRADOR SENSI STAR

The northeast coast of Canada has a big native population and a history of fishing, mining and oil production, yet their contributions to cannabis culture are relatively unknown. The "Newfies" do, however, grow terrific pot, and their version of Paradise Seeds' Sensi Star dazzles locals and visitors alike.











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Read about VISC in the March 2008 issue of High Times

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Liberty and VISC photos by Kat in Skunk issues v3#5 & v3#8

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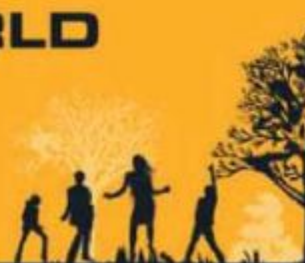
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# Earn a diploma in dank at Oaksterdam University, America's ultimate—and only—institute of 'higher' learning.

By David Bienenstock

This empty classroom will soon fill up with eager Oaksterdam University students.

# WELCOME CLASS



OU's main campus in downtown Oakland.



Medical marijuana should be grown and handled by qualified professionals.



Many OU students hope to find work supplying the medical cannabis industry.

Just set foot in the lecture hall, and you can immediately tell that Oaksterdam University isn't a *real* college. How? Because the students show up on time, take detailed notes and pay close attention to their instructors. Also, some kind-hearted soul has brought in enough homemade pot brownies to share with the entire class.

Tonight is the second-to-last session of the fall semester, a comprehensive program that covers local politics, state and federal legal issues, beginning and advanced horticulture, concocting ganja-infused foods and tinctures, and opening and managing your very own medical-cannabis dispensary. Each class starts with a 90 minute lecture and ends with a 30 minute grow lab. At the end of 13 weeks, qualified students receive the highest level of certification available from Oaksterdam University, which was founded in 2007 as the nation's first (and still only) trade school for the medical-cannabis industry.

Headquartered in Oakland, CA, with a satellite campus now open in Los Angeles, OU also offers weekend seminars for beginning and advanced students, as well as a new program in "continuing legal education" for lawyers interested in effectively defending the rights of medical-marijuana patients and providers. The brainchild of 2006 *HIGH TIMES* Freedom Fighter of the Year Richard Lee, the nation's premier institute of "higher" learning has already graduated hundreds of students, many of whom have landed jobs as medical growers, cannabis-dispensary managers or professional "budtenders"—not to mention those

who've opened their own shops or planted their own gardens.

And then there are those who never left. For instance, the first smiling face you encounter at OU belongs to administrator LaTanya Linzie. Like most of Oaksterdam's small, hardworking staff, she first arrived as a student and patient, after discovering marijuana's potential to literally change her life.

A big-hearted woman with an infectious laugh, Linzie quickly becomes emotional when describing the family tragedy that led to her debilitating battle with depression and insomnia. She endured several expensive, ineffective, side-effect-riddled attempts at treating the condition with prescription drugs; then a longtime friend and cancer survivor finally suggested that she try medical cannabis.

Linzie had smoked pot a few times in college, and even enjoyed it, but hadn't gotten high in years. "I smoked some Purple Kush before bed, and when I woke up, I was in tears," she recalls, grinning widely at the memory of her first full night of sleep in over a year. That morning, she sampled a *sativa* strain before breakfast, and from there on out, "each day got better and better," including the day she saw a local news station's report on Oaksterdam University and decided to enroll.

Linzie arrived at OU eager to learn more about the wondrous plant that had so drastically improved her quality of life. She ended up finding not only a new career, but also a whole new community of support.

"The social aspect of the class was very important," she says. "For the first time, I was with a group of people like me."



This Oaksterdam affiliated grow room shows the school's emphasis on combining cannabis cultivation with pot politics.



Among those likeminded colleagues, Linzie works most directly with Adrienne Calcote, Oaksterdam's young, bustling, nose-ringed chancellor. Calcote makes time to chat with *HIGH TIMES* before class, sharing a quick smoke while outlining her meteoric rise from student to intern to receptionist to head of the academic program. Her experience with medical marijuana began at home, when she started growing herb as a caretaker for her father, who uses marijuana to treat the chronic pain from a severe back injury he sustained after a nasty fall down a cliff.

"Cannabis has proven its ability to improve quality of life and provide relief, which I witnessed firsthand as a caretaker for my father," Calcote says. At the time, she was working in a lawyer's office, trying to save up money for college.

"As well as I did, I hated it," she recalls. And so she ditched office life and enrolled in one of Oaksterdam University's earliest sessions. Now she oversees a program that services more than 100 students per semester, with a steady demand for expansion. She must also ensure that the curriculum continues to evolve in order to stay current with the ever-shifting legal status of medical cannabis, both in California and across the country.

Fortunately, the chancellor can rely on guest lectures and class visits from a faculty that reads like a veritable Mount Kushmore of medical marijuana, including Prop. 215 author Dennis Peron; Eddy Lepp, of Eddy's Medicinal Gardens; comedian and convict Tommy Chong; attorney Robert Raich, who took two separate medical-marijuana cases to the Supreme Court; author and investigator Chris Conrad; and Jeff Jones, co-founder of the leg-

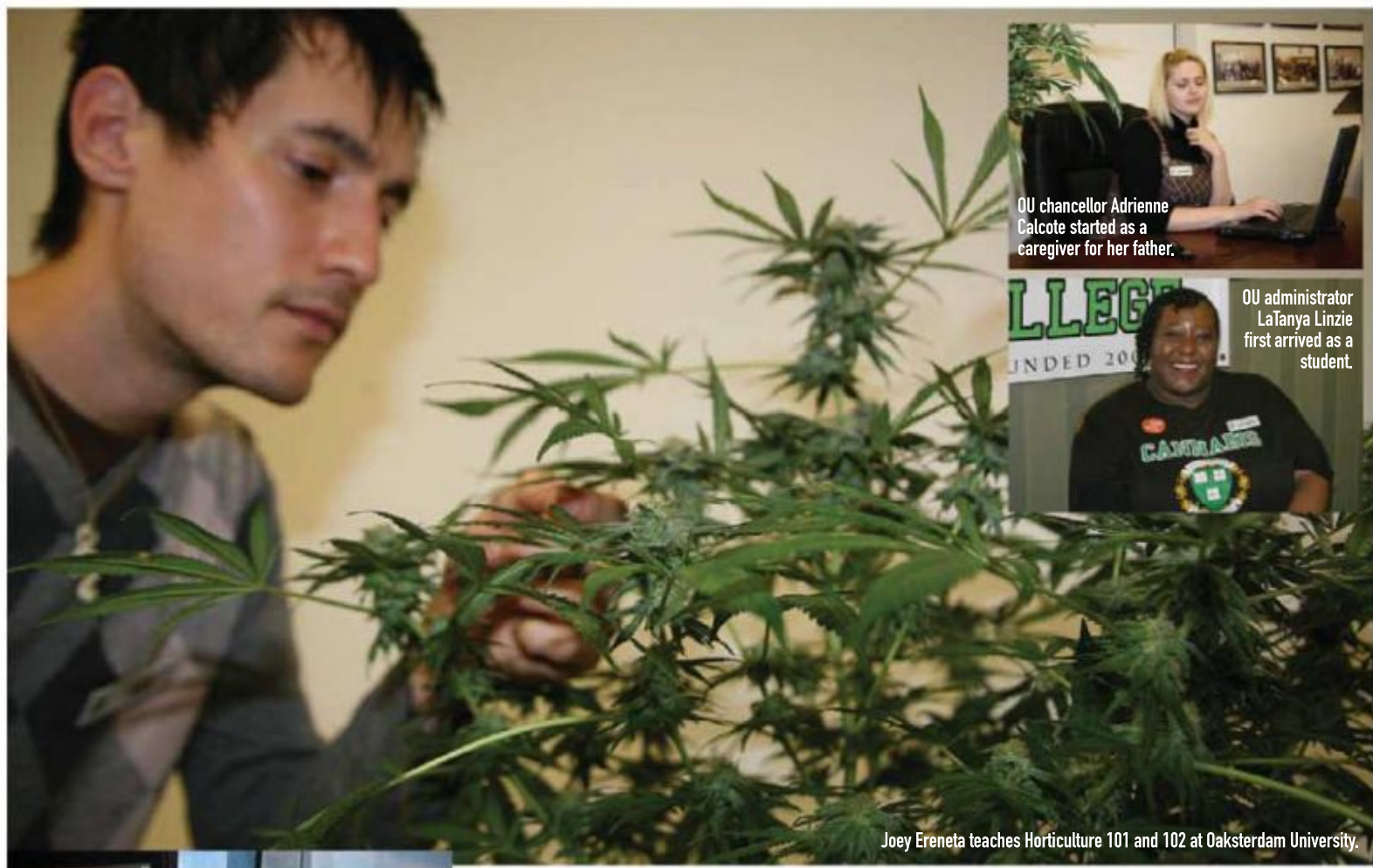
endary Oakland Cannabis Buyers' Cooperative and now the chancellor of OU's Los Angeles campus.

Tonight's class opens with an impassioned appeal from the chancellor for students to get involved as volunteers for political candidates who have proven themselves dedicated to the cause of medical marijuana. Oaksterdam University considers this kind of activism to be crucial, and it's certainly easy to see how the level of autonomy enjoyed by pot patients and providers in Oakland and the surrounding Bay Area is directly related to the loud, proud and unrelenting support of the local community.

The chancellor also mentions the brownies that will be served during the break, and then introduces James Anthony—a land-use attorney who once worked for the City of Oakland. Now a member of Law Enforcement Against Prohibition (LEAP), Anthony regrets the aspects of his former job that put him at odds with medical-marijuana dispensaries, and considers speaking to Oaksterdam University students a way to help repay his karmic debt.

Still, don't expect a pep talk. Anthony's first bit of advice to students is to *not* open a medical-cannabis dispensary, followed by a list of things the federal government can take away should you ignore this advice: your house, your money, your children and your freedom. Sounds like a real bummer, but then again, this isn't the Learning Annex. Opening your own business is hard enough, but until the laws change, potential cannabis-dispensary owners need to recognize that they are involved in an act of "massive, collective civil disobedience."





OU chancellor Adrienne Calcote started as a caregiver for her father.

OU administrator LaTanya Linzie first arrived as a student.

Joey Ereneta teaches Horticulture 101 and 102 at Oaksterdam University.



Oaksterdam students learn how to operate a medical cannabis dispensary.

## The subject quickly turns to the ongoing class project, a mixed garden of Blueberry and Shiva Skunk that has just gone into flowering.

As someone who's wielded the power of the law from the other side, Anthony knows that he has a responsibility to present the worst-case scenario—because if this is enough to scare you off, then you've probably saved yourself a lot of heartache down the road. But should you remain undeterred, the first and most crucial consideration is where to open—ideally in a location where you'll be welcomed, or at least tolerated.

"You have to become the expert on your local government," Anthony advises. "Talk to people and find out what they think about medical marijuana."

Next, you need a business plan—a real one, which includes having at least three months' worth of operating expenses on hand before you open. Also, never sign a commercial lease without a thorough lawyer's review; never open a cannabis dispensary without informing your landlord of the "nature" of your business; and always pay your sales tax. The lecture ends with detailed instructions on the pros and cons of collectives, sole proprietorships, limited-liability corporations and other methods of organizing a "canna-business."

The class, a multiracial, multigenerational, 50/50 mix of men and women, makes the most of the Q&A session that follows, recognizing the value of having direct access to one of the few lawyers around with a true working knowledge of medical-marijuana laws—not just in theory, but

also in practice. Then we all take a five-minute break to eat pot brownies and mingle.

The subject quickly turns to the ongoing class project, a mixed garden of Blueberry and Shiva Skunk that has just gone into flowering. After an hour-and-a-half lecture on arcane land-use issues and a detailed description of the "pot-holes" awaiting unfortunate dispensary owners, everyone's pretty happy to greet Joey Ereneta, who teaches Horticulture 101 and 102 at Oaksterdam University.

Hanging loose in an Izod sweater and a pair of worn Chuck Taylors, Ereneta devotes tonight's lab time to the process of harvesting. A veteran of the Cannabis Action Network and a frequent consultant to individuals and small patient cooperatives in California, OU's "pot professor" starts by stressing the importance of knowing your strain, particularly how long it will need to flower before reaching optimal yield and potency. After a step-by-step "show and tell" demonstration using a live plant, Ereneta stays after class to go over the finer points of the process. A sizable portion of the student body sticks around to observe and ask questions.

"A lot of students arrive and they already have a simple way of growing that works, but hopefully I can show them better options," Ereneta says. "I feel blessed to be passing on so much of what I've learned."

In the back of the room, Oaksterdam University founder Richard Lee watches all of this unfold with an air of contentment that may have to do

with how much he's accomplished on behalf of his favorite plant, but could also be easily attributed to one of the pot brownies.

"Don't forget to water the plants," the founder reminds his horticulture professor—a simple but fitting piece of advice. Lee himself started advocating for marijuana in Oakland long before the first dispensary opened, and through all the ups and downs, he's never forgotten to "water" the emerging grassroots of the movement.

Next week, another semester at Oaksterdam University will come to an end, the students will take their final exams, and anyone who scores above 75 percent will earn a diploma. Like seeds blown in the wind, the members of this graduating class will land many places and meet many fates, but they will all leave their alma mater with the knowledge inside them required to grow up strong and vital. ✨

### RICHARD LEE INTERVIEW ONLINE

Check out [hightimes.com/oaksterdam/](http://hightimes.com/oaksterdam/) for complete coverage of the Bay Area marijuana scene, including an exclusive interview with Oaksterdam University founder Richard Lee. Our 2006 HIGH TIMES Freedom Fighter of the Year discusses his work with the Oakland Cannabis Buyers' Cooperative, opening the Bulldog Café, publishing the *Oaksterdam News*, pushing for the passage of Measure Z and founding his own university.



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# ORGANIZE A MARCH & GET ON THE LIST

**Aberdeen:** Paul Cruickshank paulstc44@googlemail.com Start off 2pm at "Castle Gate."

**Abilene:** Kevin kevin.norml@yahoo.com 325-260-4311

**Albany:** Joe eduk82008@gmail.com 518-273-3515 or Terry 518-436-7098 State House rally Friday, May 1 @ 4:20 PM

**Albuquerque:** Leo 505-271-0381 www.nmnorml.org 2-300 in '08 High Noon, University & Central.

**Alicante:** Antonio <alacancan@yahoo.com>

**Alva:** Keary keary@potforfreedom.com 580 327 1577 www.potforfreedom.com May 1, Downtown Square.

**Amherst:** Cannabis Reform Coalition 413-545-1122 John Warner Extravaganza April 20st-Amherst Common.

**Amsterdam:** Rob - Cyberseku@gmail.com, Jeroen - Keesthemad@gmail.com Meet up!

**Ann Arbor:** Adam adambrook@hotmail.com 313-999-0329 www.hashbash.com Noon, April 4, Diag-worldwide kickoff.

**Antwerp:** Joep Oomen info@encod.org Tel. 00 32 (0)3 293 0886 (ENCOOD), Lange Lozanastraat 14, 2018 Antwerpen, Belgium www.encod.org 14 00 at Vrijdagmarkt.

**Arcata:** Raphen hsnurml@gmail.com (707)362-1432

**Athens:** iliosporoi@yahoo.gr 0030 697 77 05 226 (mobile) www.legaliseprotestival.blogspot.com Friday, May 1, Colloquium; Saturday, 17:00 to 20:00 hs, Hemp Protestival..

**Atlanta:** Paul Cornellw pablo@worldcamp.org Iv msg 404-462-7959 www.worldcamp.org 150 folks in '08.

**Auckland:** Chris Fowle 09 302 52555 info@norml.org.nz www.norml.org.nz/events Albert Park High noon to 4:20

**Austin:** Hector Sanchez hector@outgrowbigbro.org or Brad@TexasNORML.org 512-902-4447 March from Zilker Park @ Texas Capitol for a free concert/rally, then back.

**Barcelona:** la\_m\_a\_c\_a@yahoo.es 34-678-113613

**Baxter:** Trent trentinbaxter@yahoo.com 931 858 3598

**Belgrade:** Vutra Organizacija info@vutra.org www.vutra.org

**Bellingham:** Lee leestreet166@hotmail.com 360-756-5177

**Belmar:** Jesse Lynrydenkyrd223@yahoo.com 732-581-1846

**Belo Horizonte:** Baden bjta@hotmail.com or behorhori-zonte@machadamaconha.org +55 313462 0458 / 318865 2228 15:00 hs, Praca da Estacao.

**Bennington:** Craig Hill craighill@gmail.com 802-989-6815

**Bergen:** Piotr Gleichgewicht post@normal.no +47 22 46 39 84 http://normal.no/gmm/ Gather target, 15:00 hs.

**Benton Harbor:** Eric Phillips 269-470-0038/926-3079

**Berlin:** Steffan info@hanfparade.de www.hanfparade.de/aktion/Hanfparade c/o The Hanfmuseum, Muhlendamm 5, 10178 Berlin, Germany

**Bermuda:** Carol rastafariemassy@yahoo.com 441 532 6524

**Berne:** Mosi mosi@fourtwenty.ch elcarahito@bluewin.ch +41 79 702 83 78 www.cannaparty.ch www.hanf-koordination.ch Party 4:20 Trendshop, Kramgasse 3, 3011 Bern.

**Binghamton:** Justine Grate justine5391@yahoo.com 607-786-2410. Noon to 4:20 Wash. St. Bridge

**Boise:** Rev Tom Hayes (208)384-1121 MEHEMP@aol.com www.mehemp.tv Rally 2pm Julia Davis Park entrance, Capitol Blvd, March 4pm to statehouse, 4:20 pm speakers..

**Boone:** Chris Drew cd73115@astpstate.edu 919-270-0572

**Boston:** Fred Hapgood www.pobox.com/~fhapgood or Bill Downing masscan@verizon.net 781-944-2266 www.mass-cann.org MASSCANN/NORML P.O. Box 266, Georgetown, MA 01833, 2 PM Gov't Center, march on Quincy Market.

**Boulder:** Jeff Christen-Mitchell Hemptopia@comcast.net www.hemtpopia.org 303-449-4854 March fr. the Hill @ 4:20, 13th & College to B'way via Pearl St. Mall west to east.

**Budapest:** juhikap@gmail.com Hemp Seed Assoc. (36) 30 474 2403 www.kendermag.hu or Peter sarosip@tasz.hu www.tasz.hu (36)1279-2236cell: 36-20-462-2494.

**Buenos Aires:** Alejandro Sierra gmm@revistathc.com www.gmm.revistathc.com or THC Magazine mundofluor@hotmail.com 54 (11) 15 4053 3650

**Buffalo:** 1 pm, Niagra Square

**Burlington:** Denny Lane onepatriot@gmavt.net (802)496-2387 05673 looking for young insurgents...

**Cadiz:** Manuel Casas agacedadiz@hotmail.com +34 616 958 679 Astarte, Asociacion Gaditana de Usuarios de Cannabis

**Calgary:** Keith Fagin 2009@calgary420.ca 403-863-2071 http://Calgary420.ca/ City Hall - 800 Macleod Tr. SE 1 PM.

**Calif:** Trinchera Ganja Collective lasplantasnosoncomolaspinta@gmail.com www.trincheraganja.blogspot.com

**Capetown:** Chris J gmm@norml.org.za wired@weed.co.za fax: 0866551933 cell: +27847362270

**Caracas:** Enrique Dorta enriqueortad@gmail.com +34928346811 http://asocannaven.mforos.com/1199169-cannabis-en-la-republica-bolvariana-de-venezuela/

**Chalon-sur-Saone:** FARId farid@no-log.org Skype: farid3h 061-481-5679 (cell) www.myspace.com/farid71100

**Champaign:** Ashley abarys2@illinois.edu. 847.707.6690

**Charlotte:** Nlck soobblazed420@yahoo.com 704-497-2022

**Chicago:** Richey richey.gupta@gmail.com 847-275-0473, Dan danlenn@illinoisnorml.org 847 341 0591 Federal Plaza, noon.

**Chico:** Dinah Coffman greenidica@live.com 530-345-1997 www.pot-party.com 2:15 PM, Free speech Area @ the U.

**Christchurch:** Blair mildgreens@gmail.com +64 3 389-4065 cell: 027 2657219 Noon Cathedral Sq.; march to Latimer Sq.

**Cincinnati:** Happy Hempstress hempstress@hemprock.com 513-684-HEMP www.hemprock.com 400 people in '08.

**Cleveland:** Cannabis Connections 216-521-9333 or Jerry jerry@herbatron.net March fr Public Square to Justice Cntr.

**Coimbra:** Manuel Ramos manelramos@gmail.com or Catarina 351 914 85 8990

**Colorado Springs:** Dr. Bob melamed@uccs.edu 719 641-1188 www.uccs.edu/~rmelamed MMM -- Acacia Park, 12-5.

**Columbia:** Dan Viets danviets@justice.com (573) 443-6866 Peace Park on 7th and Elm St on Saturday, 2 PM - dusk

**Columbus:** Chris Ryan old\_jack\_tar@hotmail.com (614) 551-0846 Rally 4:20 17th & High St. March at 4:45 PM.

**Comodoro Rivadavia:** Eloy escasencomodoro@gmail.com www.escasencomodoro.blogspot.com

**Copenhagen:** Klaus Tuxen@hampepariet.dk (45)26649433 www.hampepariet.dk Departs Christiania 14:00

**Cordoba:** mike mikeifari@hotmail.com 00543548 15567647 or Edith cortandoflores@yahoo.com.ar www.de-verdamper.com A las16:20 hs, en parque Las Heras.

**Crescent City:** Cole colegiddings814@yahoo.com 707-218-4410. 12:45 pm, Town Clock, 3rd & Frett St. by the Pool.

**Cuiaba:** (Brazil) cuiaba@machadamaconha.org 16:00 hs, Praca Piranga.

**Dallas:** Elisabeth secretary.dfnorml@yahoo.com or Ryan 817-896-3619. Noon til 3pm. @ the Federal Bldg.

**Dansville:** Jim Macaluso (VbSparky) Hybernip@gmail.com 585-489-3825 Starts Ames Plaza, 2:30 pm.

**Darwin:** Fiona Clarke fiona@napnt.org +61 8 8941 9921 mobile 0415 16 2525 or hq@napnt.org www.napnt.org Meet Raintree Park 2pm, walk to Esplanade. BYO smoke...

**Denver:** Tiny Martinez denvergmm@hotmail.com www.myspace.com/denvergmm 720-365-8187 500 people, Sunday May 3, 4PM State Capitol.

**Des Moines:** Terry Mitchell 515 789-4442

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**Detroit:** Bob 734-697-3947 or Paul 313-622-3429 paul@detroitliberation.org www.detroitliberation.org Rally Grand Circus Park noon, Woodward Ave sidewalk March at 4:20pm.

**Dinuba:** Ayesha rocknichc\_27@yahoo.com 559-397-8370

**Dover:** Richard J. Schimeffening hempmann@verizon.net High noon, behind Legislative Hall.

**Dublin:** Tim wmmireland@gmail.com 00353862159564

**Dunedin:** Abe Gray graab419@student.otago.ac.nz The Octagon-Noon to 4:20. Speakers, music, rally, march

**Durban:** Chris J gmm@norml.org.za and wired@weed.co.za fax: 0866551933 cell: +27847362270

**Eau Claire:** Bryan cosmicpush@hotmail.com 715-379-7267

**Edmond:** Robert legalize@potforfreedom.com 405 348 9415

**El Bolson:** pitrasur@hotmail.com +54 (02944) 0156530034

**Eugene:** Dan 541-517-0957 www.willamettevalleyNORML.org or Kris Hempesters@aol.com 800-556-2012

**Fargo:** Cathy or Nate Chase 701 446 6904

**Fayetteville:** Ryan norml@uark.edu or Jordan 501-609-6180

**Florianoopolis:** pedro.luz.89@gmail.com or jean pinheiro <haststaff@hotmail.com> +55 47 369 20 43

**Fortaleza:** Billy fortaleza@machadamaconha.org (85) 87043765 (85) 32794573 www.machadamaconha.org 14:00 hs. Ponte Metálica - Praia de Iracema.

**Frankfurt:** Ingrid: (49) 177 34 67 8619 ingrid.wunn@gmx.de or www.hanf-initiative.de

**Fr. Bragg:** Bruce Davis 707-961-6099 or Verge contactverge@yahoo.com Rally at Town Hall. Friday May 1st.

**Fr. Collins:** James and Lisa Masters Sunrhys@aol.com 970-388-4028 Civic Center Park, 10 am - 6 pm.

**Garberville:** Paul Encimer Encimer@hotmail.com 707-923-4488 Gather high noon under the town clock.

**Garden Grove:** Jeff jeffbarba@yahoo.com 714-801-1433

**Hachita:** Bill Gallagher lufefaire@gmail.com 505 436 2250

**Halifax:** Debbie Stultz-Giffin chair@mum.ca 902-824-0321 www.mum.ca 300 people in '08! 1-5 PM N. Common.

**Hamilton:** Max hamilton@norml.org.nz www.norml.org.nz/events High Noon - 4:20, Memorial Park..

**Hilo:** Roger rogerchristie@yahoo.com 808-961-0488

**Honolulu:** thc-ministry.org 10 AM Kilo Bayfront Soccer Field.

**Hot Springs:** Tim timespage2002@yahoo.com 501-617-8218

**Houston:** Tami cannabis.flower@gmail.com 832-863-6261 http://houstonnorml.org

**Indianapolis:** Neil skylwolf6465@yahoo.com 317-454-4061 norml@norml.org 4:20 pm "High on the Hill" 972-4455.

**Jacksonville:** Robert sprout901@hotmail.com 904-400-3361

**Jakarta:** Fredy fr\_edy78@yahoo.com pioneer\_of\_transformation@yahoo.com +6 82-817-686-2569

**Jerusalem:** Ohades ohad@ale-yarok.org +972-54 -489-0360 or Joe NeedleR@aol.com +972 52 898 974 http://cannabis-chasidism.blogspot.com Noon, May 1, Sacher Park.

**Johannesburg:** Chris J gmm@norml.org.za wired@weed.co.za +27847362270

**Joplin:** Kelly Maddy kelly@joplin-norml.org 417.291.0135 www.joplin-norml.org

**Kansas City:** mohemp@missourihemp.com 816-536-5067 www.missourihemp.org or 816-931-6169. Noon march from J.C. Nichols Fountain to S. Moreland Park concert...

**Kiev:** deadjdona@gmail.com or Anton +3 80 63 478 50 24) http://nesam.in.ua http://livejournal.com/community/legalize\_ua March fr. Sofievskaya sq. to Maidan Nezalezhnosti.

**Kokomo:** Gary Elvers 765-868-0213 Elvie's Parking lot, 1300 W. Mulberry St. 1 PM.

**La Laguna:** Josafat armiche@cultivadorademia.es 61783 0981 www.cannarias.com/foros/showthread.php?e=6163

**Largo:** Ryan Moore 727-319-2119

**Las Cruces:** Brandie woombwomb@hotmail.com 575-805-8517

**Las Palmas de Gran Canaria:** Juan Carlos Gonzalez Martin info@cannarias.com 617830981 www.cannarias.com

**Las Vegas:** Beth Soloe beth@nevadanorml.org 702-542-1597 www.nevadanorml.org

**Lawton:** Hank Baca dankhank@yahoo.com 580-248-3201.

**Lethbridge:** Tamara Cartwright tamarale9@hotmail.com 403- 331-0682 2 PM Rally at City Hall - 910 4th Ave S.

**Lexington:** Gatewood gatewood@mis.net 859-259-1522 cell: 433-3567 10 AM Main St. Library

**Lincoln:** Jeff Sheppard whothefkisisjeff@yahoo.com 402-

261-4024 4 PM, Neighbors Park, 30th & Randolph.

**Lisbon:** Pedro Pombeiro marchaglobalmarijuana@gmail.com +351 926 026 302 http://mgmlisboa.org

**Ljubljana:** Matej +386 40 330 121 www.slo-mmm.org/

**London:** Andy andy@cannabistrust.com 44(0)7976825086; or www.protestlondon.co.uk/ or http://lca-uk.org/default.php

**Los Angeles:** Akil akilkk@yahoo.com 323-799-8409 or Kyle 818-894-6227 Rally, Leimert Park. March S. on Crenshaw.

**Luanda:** info@mgmluanda.org www.mgmluanda.org

**Madrid:** amec.madrid@gmail.com +34 91 5303364 Antón www.amec.org.es 10 Mayo 19 hs. Puerta del Sol.

**Medicine Hat:** (403) 526-9070 Meet at BOB headquarters 1:30 PM; march to Medicine Hat City Hall.

**Mexico City:** info@ameca.org.mx, amecannabis@yahoo.com, gregorio\_samsa@hotmail.com (+52) 55-2166-6034 www.ameca.org.mx/

**Miami:** David Prado 786-564-7005.

**Minneapolis:** Chris tc\_wright38@yahoo.com or Doug 615-653-8243. Gather Washburn Fair-Oaks Park.

**Montevideo:** Federico "La PlaZita" www.KeepSmoking.TK/ onomasnomata@hotmail.com KeepSmoking.TK@gmail.com

**Montreal:** Boris Boris@mapinc.org or Chantal 514.842.4900 or Adam 514-830-1331 www.norml.ca. 1PM, Berri Square.

**Moscow:** Adam massenberg420@yahoo.com 509-397-3252 www.marijuanafactorfiction.org 10 am, hempfest to city hall.

**Moscow:** Maria Smirnova mariasmirnova@gmail.com +7926-248-69-38 Evge Konstantinov usserge@gmail.com +7926-229-98-30 Dmitry Goldyz rastovd@gmail.com +7905-575-63-31 www.legaliz.info "Druzba Narodov" Fountain.

**Nancy:** Florent Compain <contact@circnordest.net> cell: .33 6 12 54 60 03 www.circnordest.net 200 rallied in '08.

**Nashville:** Mary marijuana@hotmail.com Howie thezow@hotmail.com 615-ACT-HIGH. 250 in '08: Noon, 1st St. & Woodland Ave. Cross War Memorial Bridge, circle court house, go down 2nd Ave & W'way.

**Newark:** R. J. Schimeffening Delaware\_Cannabis\_Society@verizon.net 302-793-0716 4:20 pm, Main & Chapel.

**New Orleans:** Jeff Ricketts 504-569-8291 High Noon, next to Cafe DuMont, Decatur & St. Ann. March from Jackson Sq. down Royal to Frenchmen's St. Meet @ Cafe Brazil 4:20

**New Paltz:** George Selby38@newpaltz.edu 862-266-2911

**New York City:** Dana 212-677-7180 dana@phantom.com Cures not Wars, 9 Bleecker St, NYC 10012

**Nimbin:** Max Stone aclmr@nimbinaustralia.com 61 266 89 1842 www.nimbin-marijuana-march.420-web-hosting.com www.nimbinmardigrass.com

**Normal:** Stephanie swolte@ilstu.edu 815-283-9008

**Ogden:** Huffy utahliberty@yahoo.com 801-393-2806, J.T. 801-603-2797 200 rallied in '08. Noon, 25th & Wash.

**Okinawa:** info@www.cannabist.org +81-3-3706-6885

**Olympia:** James Baglio 360-915-3765

**Omaha:** Melanie mmel25@yahoo.com makepotlegal555.org 402-415-7373 1-5 Gather 13th & Farnam, march @ 3.

**Oil City:** Kat quadryder420@yahoo.com 724-974-9387

**Orlando:** Brendon Rivard president@normlucf.com 561-308-8659 www.normlucf.com or http://thestonerarmy.com

**Osaka:** info@www.cannabist.org +81-3-3706-6885

**Oso:** Piotr mm@norml.nogmm@globalmarijuanamarch.org +47 22 46 39 84 http://normal.no/gmm/ Normal, Hjelmstgt 3, 0-0355 Oslo, Norway. Gather, Youngstorg 15.00 hours.

**Paduacq:** Paula Willett pioneerpaula@mcshi.com 270 703 0559/703 5283 Meet up, Dolly McNutt Plaza 11:00 a.m.

**Palm Springs:** Brian 808 579 8320 www.patientswithouttime.com

**Paia Springs:** aurora.maldonado@yahoo.com 760-660-1403 First time -- 20 people.

**Paris:** Jean Pierre circ75idf@circo-asso.net 33 685 54 48 32/678 86 5589 www.mmcparis.info/ 5 pm Place de Bastille.

**Pasco:** John C. Imus 509-545-3970

**Peoria:** Rich richravings@usmiparty.com 309-648-2525 http://usmiparty.com March fr. County Court 2 to 4:20 PM.

**Philadelphia:** Rob Dougherty chair@phillynorml.org 215-586-3483. Meet Broad & South at 4:00 pm. Marching down South Street and rallying, South & 2nd til 6:00pm.

**Phoenix:** Kathleen free420arizona@aol.com 480-926-7288 http://myspace.com/phoenixmarch or Jacob (480)-294-5090

**Pieteraar:** Marcus jppiersrescueat@gmail.com

**Portland:** Emma Donovan MainelyNORML@yahoo.com 954-801-3490 www.myspace.com/mainelynorml Gather for March 12:00 noon @ Monument Square.

**Portland:** 503.239.6110 www.ornorml.org Alicia 503-985-7704 or Madeline yerbanena@hotmail.com 750 in '08! March from Pioneer Courthouse Square.

**Porto:** Filipe info@mgmporto.org +351916747162, Carla +35 191 7924889 or Joao +351914207585 www.mgmporto.org

**Porto Alegre:** principativo.rs@gmail.com or portoaegre@machadamaconha.org +5181599791 Raphael. www.principio-ativo.blogspot.com

**Potsdam:** Annett Bauer verein@chillout-pdm.de 0049-331-581 3231 www.chillout-pdm.de www.libertationday.de

**Prague:** Jiri jirka@legalizace.cz +420 605 115 146 or Robert robert@legalizace.cz +420 773 691 561 www.legalizace.cz May 9. March across Vltava river to Letna Plain.

**Prince George:** Mike lidveld868@hotmail.com 250-552-8892

**Providence:** Cassandra queen\_of\_rock3@yahoo.com 401-461-2353 Impromptu Statehouse rally--20 in '08.

**Raleigh-Durham:** Jeff Badalucco nc.ca@hotmail.com 919-247-2644 Rally State Capitol Bldg Sunday May 3

**Redding:** Chantal Ybarra queenspade03@yahoo.com 530-410-5838 Friday, May 1st.

**Regina:** Daniel joybuzzard@normsaskatchewan.com www.normsaskatchewan.com Meet Victoria Park 4:20.

**Richmond:** Chris Holden holdenchr@vcu.edu 804-908-4919

Noon to 4:20, Monroe Park, 400 people in '08.

**Rio de Janeiro:** William contato@machadamaconha.org www.machadamaconha.org or Louz +55-212-516-1102

**Riverton:** Tim Bach tim\_bach\_@yahoo.com 307-463-2448/851-2173 March @ 4 pm from College down Main Street Right on Federal to Fairgrounds--CWC field.

**Rome:** giornatamagical@milionmarijuanamarch.info 0039 339339589 Mefistio gide@inventati.org 35,000 in '08!

**Rosario:** Leandro 3mrosario@gmail.com Agrupacion Cogollos, http://3mrosario.blogspot.com 200 people in '08.

**Sacramento:** Jolie jusjazz4me@yahoo.com 916-225-9058 or Ed 916 -308-1314 freewebs.com/sacsmokers & myspace.com/sacsmokers Noon, Capitol, 3rd Saturday, May.

**Salem:** MERCY Center 503.363-4588 MERCY\_Salem@hotmail.com www.MercyCenters.org Gather W. Summer & Center for sidewalk march to mall across from Capitol.

**Salt Lake City:** J.T. 801-991-0852, Fallon fallon@norjac.com

**Salvador:** Sergio sergiocios@yahoo.com.br (71) 81771488 noticiascanabicas.blogspot.com http://lattes.cnpq.br /3062718910317729 14:00 hs, Praca Campo Grande.

**San Antonio:** Eric Perez xxduktape420xx@yahoo.com 210-897-2505 (3-6 PM) POB 37, Natalia, TX 78059

**San Diego:** israel.solorio@yahoo.com (619)-757-4851

**San Francisco:** Lynette 415-256-9328 Cannabis Day Sat. May 2, Civic Center Plaza, noon till 8 pm. 7000 in '07!

**San Juan:** Zen CaribbeanSpacePort@gmail.com 787.346.1940 http://HempEvolutionNYC.tribe.net

**Santa Barbara:** David Crockett Williams gear2000@lightspeed.net www.cal-hemp08.org Join Peace Walk up State St.

**Santa Rosa:** Jewel Mathieson jewel@vom.com 707-256-9706 Sonoma County fairgrounds, noon to 5, rally/concert.

**Santos:** Marcelo tikisurfer1213@gmail.com 01(3)32733753

**Sao Paulo:** Leandro "JUCC" fagundes\_sp@hotmail.com +55 -11-91242502/11-34614374 or thiago.maf@gmail.com www.machadamaconha.org 14:00 hs, Parque Ibirapuera.

**Sapporo:** info@www.cannabist.org/ +81-3-3706-6885

**Sarasota:** Chris cannabistliberator@yahoo.com 941-296-5809. Noon corner Fruitville Rd. & US 301. Ends 2pm.

**Saskatoon:** Ethan Erkleklian ethane@saskmp.ca (306) 260-2952 www.saskmp.ca 4:20 PM Vinny Memorial, Kiwanis Park

**Seattle:** DeMaris Strohm-Hughes woimly@comcast.net 206-293-2439 Noon march fr. Volunteer Park to Pioneer Sq.

**South Bend:** Jay 269-697-4521 jay99hemp@yahoo.com www.antidote.50megs.com/html/sbend.html; Phil atphilplane@yahoo.com Noon to dusk, Seitz Park. March 4:20pm.

**Springfield:** Kelly 417-291-0135

**Stavanger:** Piotr Gleichgewicht post@normal.no +47 22 46 39 84 http://normal.no/gmm/ Gather @ Target 15.00 hours

**Steamboat Springs:** Mike Kien mikiekien2004@yahoo.com 970-819-3940. 10 AM to 2 PM Courthouse lawn

**St. Louis:** NORML at 314-995-1395 gstlnorml@yahoo.com www.gstlnorml.org Annual March to Arch!

**Syracuse:** Brian Schuler brian.schuler@hotmail.com (716) 946-4694 300 folks in '08, Noon @ Oakland & Stadium.

**Tampere:** lasse.juhlainen@hotmail.com +35845 1368793

**Taos:** libertybellfatherproductions@gmail.com 575-779-7078

**Tel Aviv:** Moshe Sason moshe@ale-yarok.org 972-54-592-7760 www.ale-yarok.org.il Noon, May 2, Park Hayarkon.

**Tepic:** rattlesnakebreeden@yahoo.com Peyote ceremony.

**Thunder Bay:** Doug thomsgirlbrowneyes@hotmail.com 807-475-7436

**Tokyo:** info@www.cannabist.org/ +81-3-3706-6885

**Topeka:** Heidi Meadows heidemeadows@cox.net 785-233-0528 10th & Gage N.W. Corner. 4:20 PM -- potlucK.

**Toronto:** Nieve info@cannabisweek.ca 416-367-3459 www.TorontoFreedomFestival.com www.cannabisweek.com

**Traverse City:** Melodyfiddlefoot420@hotmail.com 231-885-2993 or Rev.Steve benziecutonorml@yahoo.com 231-882-9721 www.minorrel.org Grandview & Union 11:30am.

**Trondheim:** Piotr post@normal.no +47 22 46 39 84 http://normal.no/gmm/ Gather town square 15.00 hours

**Tucson:** mary mackenzie az4norml@cox.net (520)323-2947 az4norml.org az4norml.com Doing it 4/20 to beat the heat.

**Tulsa:** Jon & Rosemary legalzetulsa@gmail.com 918-809-0930

**Tupelo:** Anita nita420@bellsouth.net 662-963-0775

**Ukiah:** Verge contactverge@yahoo.com Iv msg 707-877-1159 Saturday, Ukiah Courthouse, Perkins & State st.

**Upper Lake:** Linda & Eddy Lepp 707-275-8879

**Utica:** Chris Belliore bard12752@aaim.com 315-794-2465

**Vancouver:** David davidml@telus.net Tel 604-682-1172, www.cannabisculture.com/march

**Vienna:** David handvendertag@gmx.at 00436507758899 www.hanfverband.at/www.legalisieren.at

**Vigo:** avemariavigo@telefonica.net +34 615454107

**Victoria-Gasteiz:** Pacoinfo@amigosdemaria.com +3462888 1169 www.amigosdemaria.com Mayarijuana filmfest.

**Warsaw:** Tomasz gota@hemplobby.info gota@wolnokonopie.pl +48 510 964 822 www.hemplobby.info Start: 16.00, zbiorka pod Pałacem Kultury i Nauki.

**Washington, D.C.:** John fhcc@hotmail.com 202-286- 5586 www.smoke-in.org FJHC , POB 5513, Wash., D.C. 20016

**Wellington:** wellington@norml.org.nz www.norml.org.nz

**Wichita:** Debby hemplady@hempforus.com 316-524-6001 www.hempforus.com/

**Wilmington:** R. J. Schimeffening hempmann@verizon.net 302-793-0716 Rodney Square, 9:30 AM

**Wilmington:** Miguel Luis juyppiyou@aol.com 392-4345 mycoalition.com Hugh McRay Park 11 am.

**Yakima:** Sylvia fatal\_juggalatte420@hotmail.com 509-576-4206 300 people in '08.

**Zagreb:** Toma <webinsane@gmail.com>

**Zaragoza:** saca@yocannabis.org 976 401506 - 687 804185



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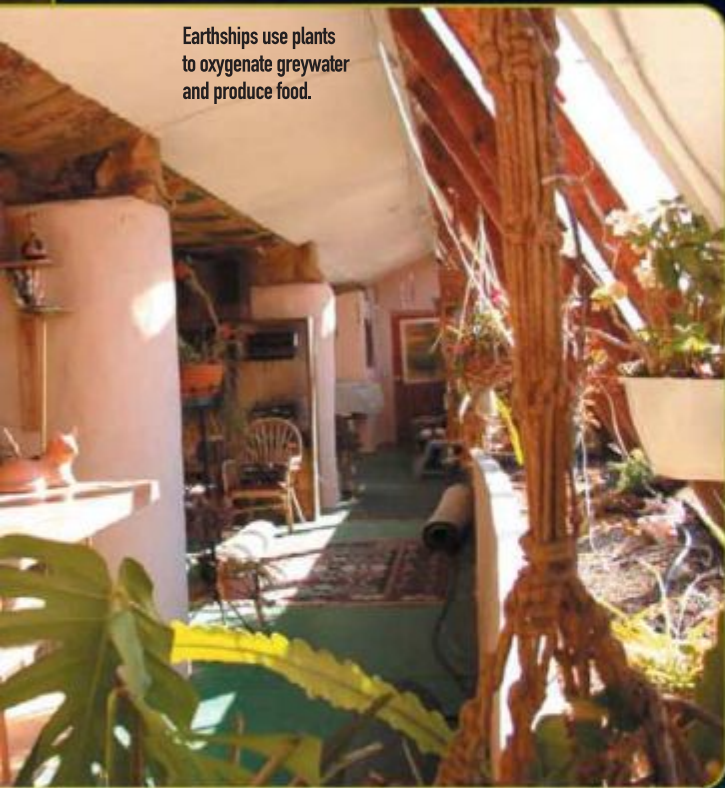
# TALKING TRASH

WITH MICHAEL REYNOLDS

INTERVIEW BY BOBBY BLACK



Earthships use plants to oxygenate greywater and produce food.



**It's a grower's dream home: an eco-friendly, Gaudí-esque palace that operates completely off the grid for under \$100 a year, where you can have a hydroponic garden in the middle of your living room that runs off your bathwater. Oh, and did we mention it's constructed entirely out of garbage? That's right—a beautifully designed house that's built almost entirely out of old tires, aluminum cans and plastic bottles (as well as natural materials like dirt and stone), that generates electricity from the sun and wind and controls climate using the earth itself. It's called an Earthship, and it's the brainchild of visionary architect Michael Reynolds.**

**Reynolds first began developing his revolutionary "Earthship Biotechture" around 35 years ago. Since then, he and his team have fought the system and traveled the world demonstrating his 21st-century architectural methods and constructing low-cost housing for those in need. He's also written five books, been the subject of a documentary film entitled *Garbage Warrior*, and appeared on *The Colbert Report* to promote his vision of a greener infrastructure. We recently ran into Reynolds in Jamaica, where he was in the process of building a new Earthship hotel in the hills outside Negril.**

#### **Tell us about Earthship Biotechture.**

In short, it's an absolutely sustainable building method that has evolved over 35 years. [Earthships] make their own power, they harvest their own water, they contain their own sewage, they grow their own food, they heat and cool themselves, and they're made from byproducts of the world we live in.

#### **When and where was the first Earthship built?**

The first building, out of beer cans, that launched this project was in Taos, New Mexico, in the early '70s. But the first one we called an Earthship was about 20 years ago—again in Taos.

#### **Where did you get the inspiration to create an Earthship?**

The first sparks of it came in the early '70s, when we had TV shows about garbage being thrown everywhere and clear-cutting timber in the northeast US. Since garbage was a problem, and the timber they were making housing out of was a problem to the planet, we tried to figure out a way to make housing out of garbage rather than out of trees. That's how it started. Then, later in the '70s, we ended up hearing about the energy crunch, and that led to thermal mass storage in buildings. All the scientists and physicists were trying to do that, and we found that beating dirt into tires created big thermal-mass bricks. Tires—something you want to get rid of; thermal mass—something you need. So rammed-earth bricks became a new building product that was very energy-efficient, because it stores whatever energy you put into it. Then we just went further and further, to where we now have houses in a community in New Mexico where it gets down to 20 or 30 degrees below zero Fahrenheit, and up to 100 degrees, and the houses hang at a few degrees above and below 70 all year round—*without fuel*. It's 30 below zero outside, and we're growing bananas in our living room while our sewage is running through it! Sometimes we get in trouble for that, because it's breaking every rule that ever existed. But it's food, it's comfort, it's water, it's heating and cooling ... it's *everything*.

#### **How are sustainable houses able to stay hot and cold when they need to be?**

Well, just heating and cooling doesn't make something sustainable. Heating and cooling without fuel is a large step, but you're also talking water, contained and treated sewage, power, what it's built with, its carbon footprint—you're talking about every aspect of life. There's a different concept for every one of these things, and they're all woven together into a tapestry that ends up being called an Earthship. The heating and cooling part is just physics—the temperature is stored in very massive walls whether it's warm or cool temperature. The walls act as a sort of flywheel. They stabilize and contain temperature. Then you insulate the outside of that, and it's an energy bank that continues to give back to you.



Earthship biotechture transforms old tires into geothermal bricks.

#### **What are the logistics of the utilities?**

The roof is designed so that, rather than shedding water, it catches water and stores it in cisterns. In many places on the planet, water is at a premium, so we recycle the water—we flush the toilet with used water, things like that. And it runs through a whole system where we use the biology of plants to filter it so you can reuse it—not for drinking, but for washing. We're treating the bath, shower and kitchen-sink water by running it through these things we call "botanical cells": rubber-lined pits that the plant roots go down into, like hydroponics. The plants oxygenate the greywater and clean it up—and then the plants produce food. So it's all linked together, like the systems in your body. Your circulatory system, nervous system, your digestive system—you can't separate them; they're all together. It's the same way in these houses. The water-harvesting system is totally woven into the sewage-treatment system, which is totally woven into the food-production system and heating and cooling system. It's real simple biology, but it's fine-tuned.

#### **Where did you get the knowledge and ability to do all this?**

I graduated from an architectural school in Cincinnati. I got an architect's license, then got it taken away in New Mexico for breaking rules. I still have it in Arizona and Colorado. So I'm like a licensed architect that has realized that ... when I look around, architects to me are like boat builders on a drying-up sea—there's nothing for them unless they change their whole program. My whole reason for doing this is just responding to the world around me. It's not like I'm trying to get everybody "green" or "sustainable"—I'm sick of those two words, if you want to know the truth. They're like "peace" and "love" in the '60s—everybody's saying it. It's just a logical response to the world around me. We're running out of oil, so we need to find some other energy. The planet has shortages of water in a lot of places, so we need to find another way to get water. We've got garbage stacked up in mountains and we continue to make new materials, so we need to find a way to use our garbage. It's just total logic. It's as simple as how a dog will lie in the shade in the summertime, and it'll lie in the sun in the wintertime. That's all there is to everything we do.



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### How do you go about building an Earthship?

It's just like any other building: You design it (with an Earthship, you have *us* design it), provide construction drawings, get a permit ... that used to be a big issue, but it's becoming less and less so. The rules and regulations almost inhibit people from taking new steps on how to live, and we fight that too. But you get drawings and a permit—and we have a lot of books and DVDs out there on how to do it. The type of building we do caters to the type of people who can participate in it themselves, so that happens a lot. But some of them just have us do it, or have a contractor do it.

### What's the cost and time frame of putting up an Earthship?

The time frame is basically the same as a regular house—maybe a little longer. When we come on exhibition gigs like this, we get real focused and staged for the whole thing, so we're going to put this building up in three weeks—15 working days. It won't be absolutely nailed-out finished, painted and all, but it should be up structurally and catching water and harvesting electricity and things like that. So when we do this kind of thing, it takes a very short time to get it up. But for a normal project that's not a demonstration, they'll take as long as a regular house.

Is it extremely difficult and complicated, or is it something that regular people can undertake on their own? We're really trying to make it so that regular people can do it, and a lot of regular people have, but still ... we're again dealing with a lot of different issues: heating and cooling, structure, electricity, water harvesting, containment and treatment of sewage onsite, and production of food. So for one person to educate themselves in all of those issues is a task. Some people

## 'IT'S 30 BELOW ZERO OUTSIDE, AND WE'RE GROWING BANANAS IN OUR LIVING ROOM!'

may be able to structurally build it, but might need help with different areas or systems.

I think it would help the whole issue if kids were taught, from the first grade on, facts about these methods of sustaining yourself—along with reading, writing and arithmetic, how to stay fed, stay warm without fuel, how to get water without sucking it out of the aquifers, and how to treat your own sewage without putting into the ocean or river or wherever.

### When an Earthship is built for someone, are they educated about how to work and maintain it? Could they call you guys for help?

Well, we make them really user-friendly, and we provide a user's manual. But once they're built, then if something goes wrong, a local handyman can more or less deal with it if we tell them what to do. The biggest issue with these things is really accepting the concept of it, because none of it is rocket science.

### It's more like earth science.

Yeah ... it's real simple biology and physics. Native Americans and groundhogs have got it down—we don't.

### So they can be adapted to basically any terrain and climate?

Yeah, they can be done anywhere and they can be tuned to any climate, because they're based on concepts that are applicable to any

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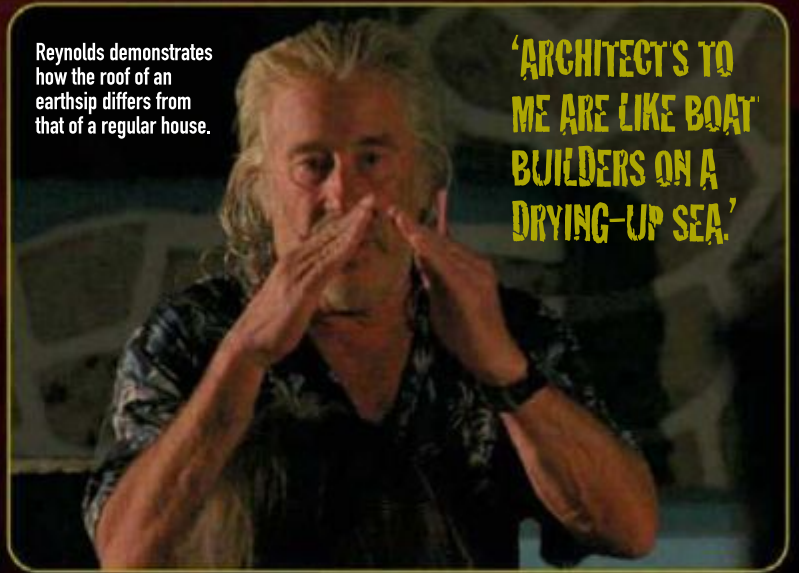
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Reynolds demonstrates how the roof of an earthship differs from that of a regular house.



'ARCHITECTS TO ME ARE LIKE BOAT BUILDERS ON A DRYING-UP SEA.'

climate. Usually, if you're going to build a resort or building somewhere, the first thing you have to do is get your utilities in—power, water and sewage. Well, these buildings are cellular; they are their own systems. They don't have a middleman—a power plant, a sewage-treatment plant; they are everything in themselves. So you can place one wherever you want. You can drop us down from a helicopter on the top of the Andes somewhere and we can build there, because we don't need any facilities—our building is independent of all of that.

One of the reasons we have fun doing this is because it's sort of like planting seeds. You go, "Whoa—we don't need power lines!" When I come to a place even like Negril, I really notice the power lines, the poles and the wires going everywhere; it's like they're moving electricity. Meanwhile, wherever I plant myself, I can suck electricity out of the sky—I don't need wires.

#### Where else have you built Earthships?

Because of its uniqueness, we have continuously been asked to go around the world and demonstrate or exhibit this part or that part of it. We did one at 14,000 feet in the mountains in Bolivia. We've been to Japan, Scotland, England, Spain, Mexico, Belgium, Hawaii ... pretty much all over. We went to the Andaman Islands after the tsunami hit and did one in the devastated area. We just did one in Nicaragua. We're here in Jamaica now, and we're headed to Bonaire [in the Netherlands] for a month after this to do a hotel. People are starting to see that if you come to a hotel, and all of the lights and food and drinks and everything are all produced without a diesel generator or a bunch of wires or a sewage sys-

tem, it would educate people while they're vacationing.

The bottom line is, if you have a building method that has a \$60-per-year total—total—annual utility bill, it's going to be in demand all over the world. It's going to be in demand for money reasons, for security reasons, for environmental reasons ... there are so many ways in which what we're doing is in demand now.

#### What's next on the horizon?

We're going to retrofit an architectural school in Bergen, Norway. It's a seven-story concrete green silo building that the school has taken over, and they want to make a big statement about retrofitting it. And we're looking at doing something for the orphans in Africa—all the kids orphaned in Darfur. They want to build a lot of orphanages there that are sustainable, for obvious reasons.

Another project I'm really interested in is going to the base camp of Everest and taking all the junk that they're throwing away up there and making semi-permanent lodging out of it. They have a tent city up there of around 2,000 people, and they have stacks of frozen shit this high [holds his hand up to his neck] that they blast with a machine gun—and then it goes down, and then they stack it up again. We have ways to fry it in the sun. So we're looking at doing that, because that'll be an expression of this stuff taken to the extreme. And if we take it to the extreme, then people may look at it for our cities, which are dying. So we have a lot of things cooking. ✨

To learn more, visit [earthship.net](http://earthship.net). See the video of this interview at [hightimes.com/earthship](http://hightimes.com/earthship).

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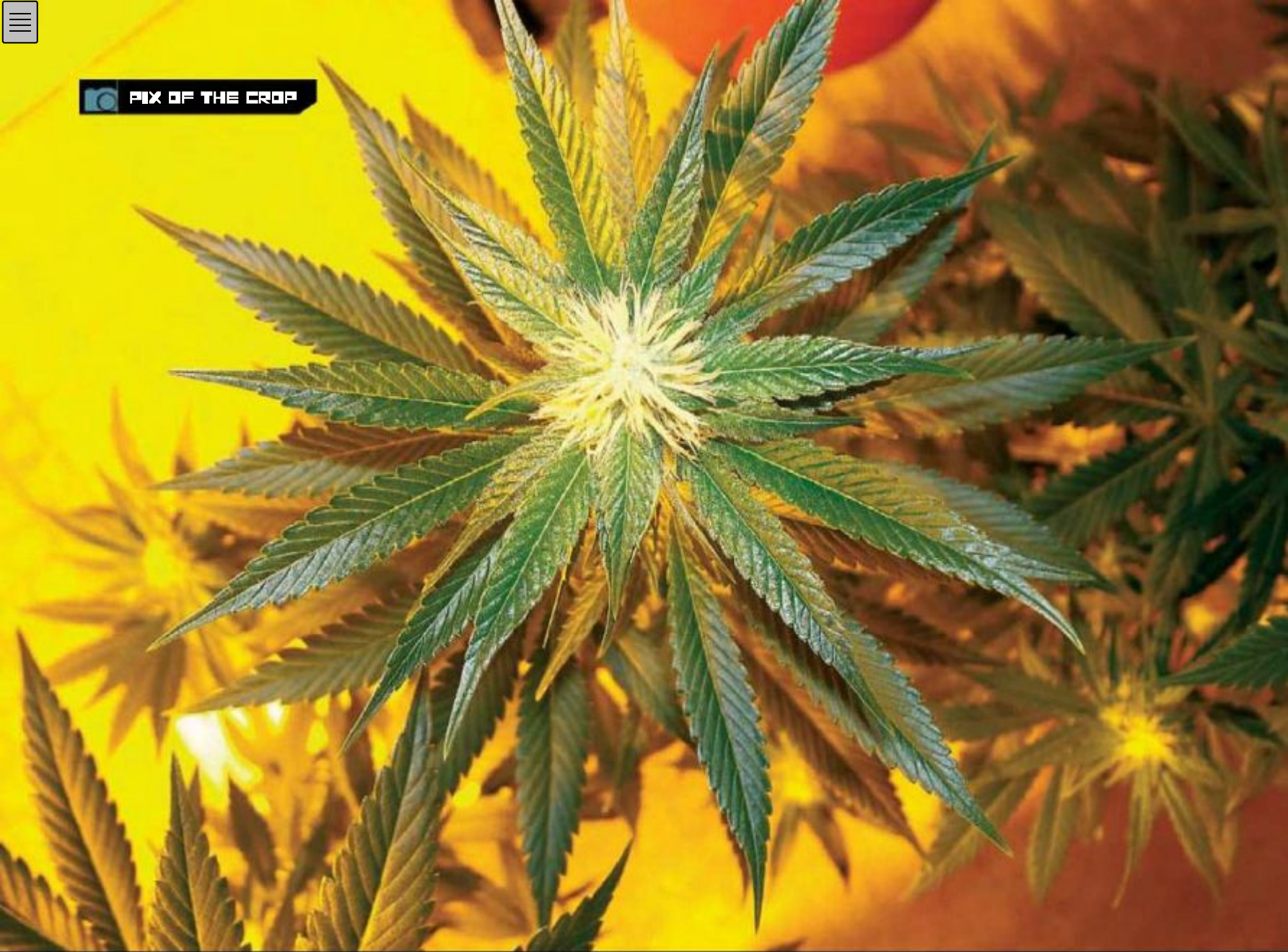
JORGE'S RX  
102







**PIX OF THE CROP**



**THE RISING**

This is a medical grow of Master Kush, indoor hydro, rock-wool. They're four weeks into flowering. It took a lot of shots with different lighting to get this pic. Thought you might like to take a look. Thanks!  
—Sherlock Holmes

**MAHALO**

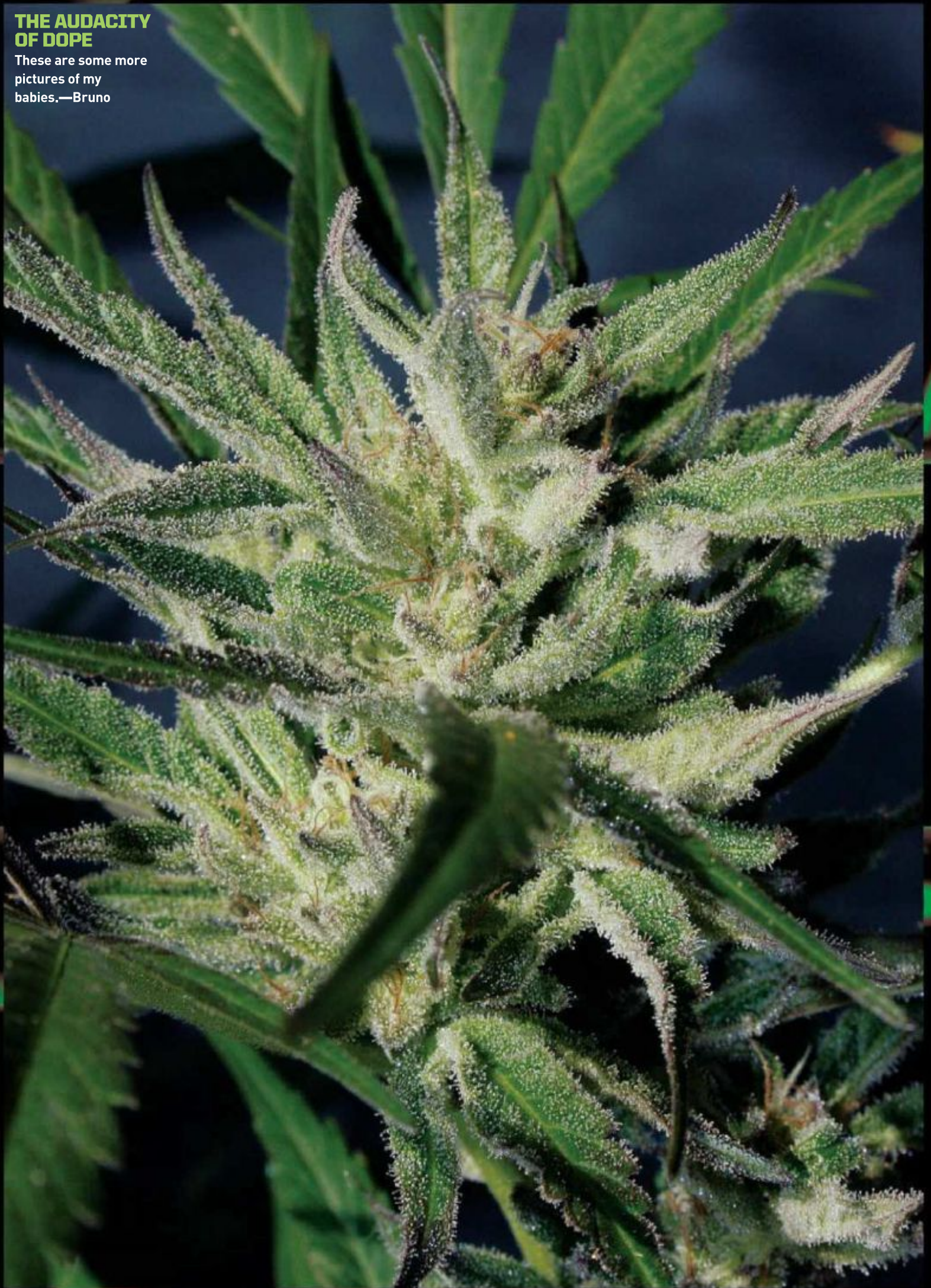
I live out in Hawaii and here are a couple of pics of some bud I've gotten out here. The first one is an unknown Hawaiian strain. The second one is Sweet Island Skunk.—HPU'S FINEST





## THE AUDACITY OF DOPE

These are some more pictures of my babies.—Bruno



A



**PIX OF THE CROP**



**PICTURE PERFECT**

I'm a Bay Area photographer and I think I finally got a shot that I'm confident enough to send in. I hope you like it!—Stephen Andrew Photography

**BUDDHA BLESSED**

Happy New Year from SBR! SBR was my old surfing nickname. The plant is a result of feminized seeds ordered from marijuana-seeds.nl. —South Bay Ray



**RUB-A-DUB-BUD**

My name is Chris and I'm from Shasta County California. I'm Prop 215 legal. —Chris aka 69 NOVA BOY

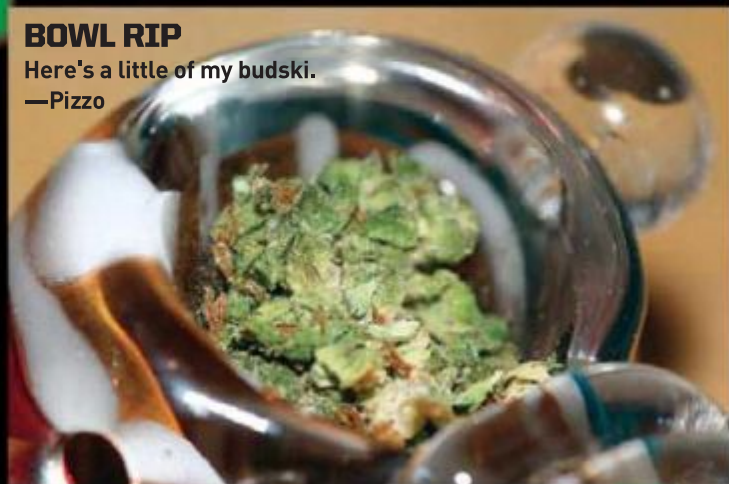


**PRIVATE STOCK**

These are pics from my Candy Shiva plant. —Nunya Bizness

**BOWL RIP**

Here's a little of my budski. —Pizzo



Pix of the Crop is reader-driven. Your submissions make all the stoners of the world dream of kind nugs. Send pictures (no Polaroids), tips, questions and stories to: HIGH TIMES, 419 Park Avenue South, 16th floor, New York, NY 10016. Digital photos can be e-mailed to maibag@hightimes.com and must be hi-res for publication. Remember, by submitting photograph(s) you thereby grant permission to the publisher to reprint photograph(s) in HIGH TIMES, as well as in any other Trans-High Corp. publication.



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BY NICO ESCONDIDO

# EVERYTHING MEDICAL & MORE

Welcome to our latest mini-section, devoted wholly to medicinal strains, news, uses, developments, activism, politics ... everything and anything, really, that is medically related to marijuana. This is your new *Cannabis Clinic!*

The aim of this section is not only to educate, but also to help foster a movement that, at first, may have had some of us feeling skeptical. I'll admit that when I first heard about the medical-marijuana movement years ago, I was hesitant. I worried that this avenue might backfire, and even now I still have questions about what might happen to our good ol' buds when, one day, new laws allow pharmaceutical companies to mass-produce medical-grade THC. But for now, those questions have been put on hold, and I've been repeatedly humbled by the stories of actual patients whose lives have been changed by the use of medical marijuana.

Sure, I used to claim (and still do, actually) that marijuana has affected my own life in ways that pharmaceutical drugs might have, had my childhood shrink thought enough to prescribe me Ritalin for hyperactivity or Xanax for anxiety. But now I truly believe that marijuana is, in fact, medicine—and better medicine than anything synthetically produced, not to mention safer and healthier (assuming you eat it or vaporize it, of course).

But forget about that. What about people with MS (multiple sclerosis) who can walk because of cannabis? Or those people who are going through chemotherapy and can actually eat because of it? The list is endless, and the stories go on and on—and soon you're thinking: *To hell with kicking back and relaxing, there are people out there who really need this!*

It's the people we meet who tell us these stories that are our true educators—a whole other type of freedom fighter than what some of us may be accustomed to. As such, there's one special person we'd like to feature here in the hopes that his story might inspire others.



## MEDICINAL STRAIN OF THE MONTH: GRAPE APE

If there were ever a seed company that specialized in the creation of medicinal strains, it would have to be Apothecary Seeds. Founded by a cancer survivor and dedicated to powerful cannabis that can treat a variety of symptoms, Apothecary is one of very few seed companies to come forth in the US and stand up for what they believe in.

This month's featured strain is **Grape Ape**, an almost entirely pure *indica* variety whose ancestry hails from Northern California and whose name has been just as mixed as her lineage. **Grape Ape**, **Granddaddy Purple** and **Purple Urkel** are all similar varieties (if not one and the same), and they all possess vastly similar properties. For starters, these strains have some of the best, most out-of-this-world flavor ever tasted. If cannabis were ever to be prescribed as children's medicine, this would surely be the kids' choice, with its overly grape taste and pretty hues of purple.

On top of exquisite flavor, **Grape Ape** does its job in the medical realm as well, providing a great body stone with surprisingly uplifting and euphoric effects. While most *indicas* are couch-planters, the **Grape Ape** has a long-enduring high that provides for good energy and conversation. A winner of numerous medical-related competitions, this strain has been known to treat a wide range of symptoms, from anxiety and pain to appetite loss.

**Peter Pawn** is a 64-year-old man living in Holland. Peter's primary goal for the vast majority of his life has been to care for those in need. A certified nurse with a propensity for mathematical and chemical thinking, Peter has taken caregiving to a whole new level.

Realizing that some of the patients to whom he would bring medical marijuana could no longer smoke it due to their ailments (not to mention bans on smoking in public places), Peter turned his attention to alternative methods of consumption. Sure, there was vaporizing, but even that proved too harsh for some. Then there was ingestion via foods, but even that proved difficult for terminally ill patients. Peter was convinced there



had to be a better way.

For the past 20 years, Peter has dedicated his life to the research and development of groundbreaking methods of THC consumption. Most of these products involve nat-

ural absorption—a much more passive means for patients seeking to utilize the wonders of cannabinoids. Thus far, Peter has created a THC patch, an alcohol-based THC tincture that is sprayed under the tongue, a THC-based skin balm that works much like a salve, and pure-resin THC pills. These products are fast-acting and potent, believe me.

The first time I met Peter was in a park in Amsterdam. After our introduction, he reached out and softly asked to see my hand. Reluctantly, I presented my arm. Peter turned over my wrist and began applying the salve with a circular massage. Seconds later, a warm calmness came over me, and minutes after that I was flat-out stoned.

The secret, as Peter has said, is in the absolute purity of the resins that he extracts. He creates these pure oils or resins by first making the best hash possible. This is done by using only the best parts of the plants and employing the Ice-o-lator technique that was first developed in Holland. After he has collected the trichomes (without any plant or other matter) from the cannabis, he then extracts from the hash pure THC molecules. This can be done in a variety of ways, including laboratory reflux or advanced distillation methods. These molecules are the basis for Peter's medicines.

An avid smoker and grower for over 40 years, Peter is a cancer patient himself. He now operates under the project titles **CannaBee** and **Ambrosia**, which are focused on finding alternative application methods. The most important aspect of this effort is probably the transdermal applications, which patients simply apply to their skin. In the US, patents have already been awarded to similar products, like the nicotine patch. Peter's research has taken that strategy to the next level in developing THC medicines.

While Peter insists that he has no commercial interests in developing these products, the world could certainly benefit from the necessary government approvals and mass distribution of these medicines. To a small group of patients in Holland, Peter is an angel. To the rest of us, he'll have to settle for being an excellent role model, leading by example in a world that is just starting to understand (and accept) what true caregiving really means. 🌿

Got medical questions? Pass 'em over to Nico at [nico@hightimes.com](mailto:nico@hightimes.com).



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## MUNCHIES

# BROWNIES 101

Step-by-step instructions for the best way to get high while eating chocolate.

I seldom tell people that I write for HIGH TIMES right off the bat. Living in Los Angeles has taught me that. God love 'em, the first thing Angelenos say in social situations is: "So, what do you do?" Which roughly translates as: "So, can you help me further my career as an actor/singer/model/waitress, or should I just move on to the next person at this lame-ass party?" Premature revelations ensured that conversations failed to evolve. The opportunity to establish meaningful friendships was undermined. I was no longer Ashley; I was "Ashley from HIGH TIMES," a one-dimensional cardboard facsimile of what was once a well-rounded person.

I hate that. So now I avoid the disclosure until I get to know people pretty well. Folks who've known me for months are a bit shocked when the information is divulged, but at least they've made up their minds about my character first. And I've made up my mind about theirs. Such was the case recently with one of my old man's co-workers. She was bitching to him about a botched batch of brownie butter, so he directed her to me for some advice.

"I don't know what the problem is," she confessed. "We boiled a bunch of stems and seeds in a pan of butter for over an hour, but it didn't get us high."

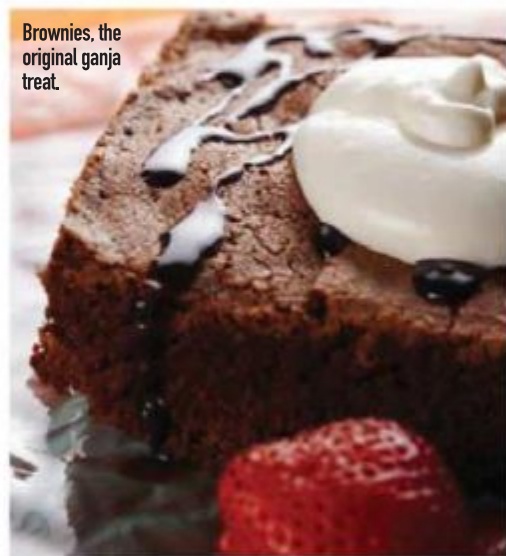
*Sound of needle being unceremoniously dragged across an old record.*

Okay, let's start from the beginning and dissect what went wrong here. First of all, I obviously should have told this woman months ago that I write for this magazine so that she wouldn't be ingesting strange things. Secondly, weed is a very forgiving ingredient, as long as some basic factoids are understood.

1) Stems and seeds won't get you high. Stems can be steeped for a lovely tea, which will have some THC in it ... enough to get a gnat stoned. That's about it. Seeds are best utilized in other ways. They're full of protein and essential fatty acids and have a unique, nutty taste. My friend Lisa roasts them lightly with a tiny bit of olive oil and a sprinkling of Cajun seasoning. Simple and delicious. A prominent chef in town crushes them well and uses them in place of pecans to crust trout fillets. The possibilities are endless, but they don't include getting stoned.

2) THC is catalyzed by heat. It binds with fat or alcohol. Sugar increases the potency. If you boil

Brownies, the original ganja treat.



buds in water, you're wasting weed. If you eat it raw, you're wasting weed. Don't waste weed. There are children in Africa that go without weed every day, so don't waste weed.

3) Use a **double boiler on low**. THC breaks down under heat. That's why we smoke it instead of shoving buds up our rectums. My rule of thumb is to never take it over 300°F at any point in the cooking process, but like the limbo dance, the lower you go, the better the party gets—and the less direct heat, the better. Using a double boiler avoids scorching of both butter and buds. The addition of a small amount of water also helps prevent scorching when cooking butter.

4) They're just brownies; why make it hard? Although it's certainly noble to make brownies from scratch, conjuring ganja butter from your double boiler, etc, they're just brownies. You can grab a damn box off the store shelf and throw the weed straight into the mix as long as you: a) have a mix that calls for at least 1/3 cup of oil; b) break up your cannabis to a fine consistency; c) don't take the heat over 300°F; and d) understand that you'll be very regular the next day—unstrained weed food will definitely give you the added fiber that's been missing from your diet.

So there it is: Brownies 101, for those of you who missed the class in your freshman year of college. Or high school. Or whatever.

—Ashley Boudreaux

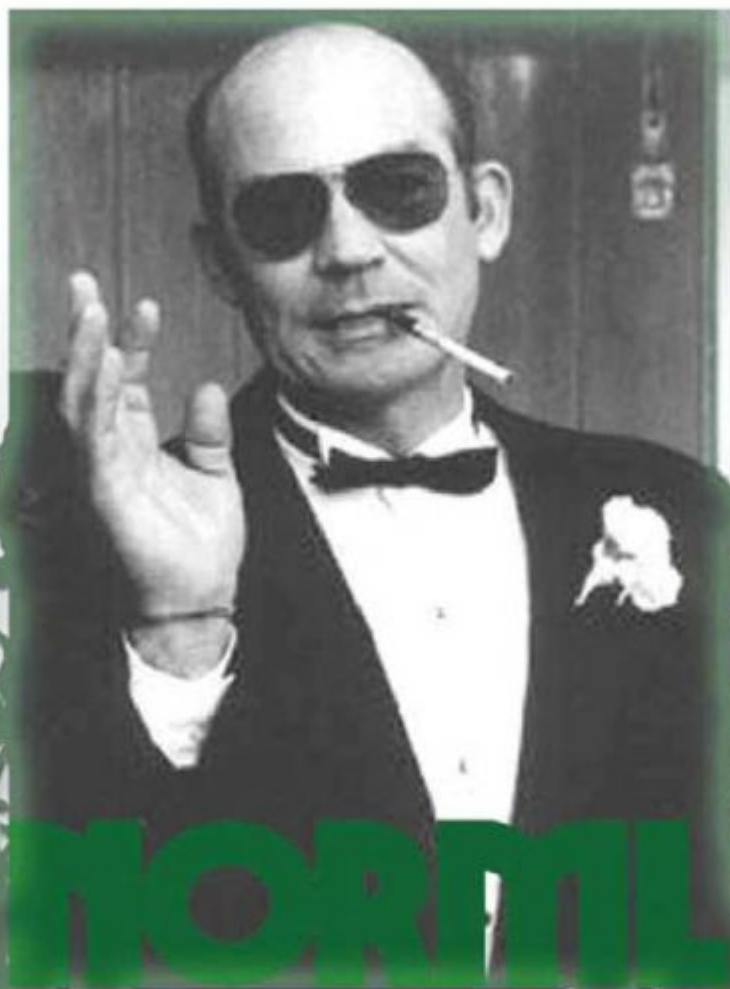
## Brownies That Don't Come Out of a Box

¼ ounce of commercial-grade ganja,  
or ½ ounce of dank, cleaned and  
finely ground  
1 cup light brown sugar  
2 eggs

1 tsp vanilla extract  
½ cup of flour  
⅓ cup of cocoa powder  
¼ tsp baking powder

**DIRECTIONS:** Simmer the finely ground cannabis with butter in a double boiler for 45 minutes over low heat. Don't strain. While hot, mix in sugar and vanilla. Sift all dry ingredients together. Add melted ganja butter and eggs. Beat until there are no lumps left. Pour into greased and floured pan. Cook at 300°F for 40 minutes or until you can pull a knife out of the center without batter sticking to it. Frosting is optional. Stones 8. ✦





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"I have always loved marijuana. It has been a source of joy and comfort to me for many years. And I still think of it as a basic staple of life, along with beer and ice and grapefruits - and millions of Americans agree with me."

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# WEED WARRIORS

**NORML's National Legal Committee proves that the only good lawyer is the one defending your rights!**

When I was first hired at NORML in the early 1990s, I'd occasionally pick up the phone and hear a victim of cannabis-prohibition laws sarcastically asking if he'd reached "the National Organization for Marijuana Lawyers." Additionally, a number of mainstream publications back then profiled some of the more flamboyant members of our National Legal Committee (NLC) and used their legal representation of a cocaine-cartel leader or a major heroin smuggler as a means of discrediting the organization, picturing it as little more than a front for shady defense lawyers and hard-drug dealers.

Needless to say, neither characterization was at all accurate. Since the mid-1970s, the hundreds of lawyer-members of NORML's NLC have played a crucial role representing individuals at trial and in the appellate courts, struggling tirelessly to defend personal freedoms and civil liberties.

When you get busted for possession of even a small amount of cannabis (including cultivation and/or sales) anywhere in the country *except* where cannabis-prohibition laws have been reformed to the degree of "decriminalization" or "medicalization," you will almost always need to hire a lawyer—or work with a public defender—to shepherd your case through the trials and tribulations of the American criminal justice system. For this reason, and to assist the thousands of victims of



of each cannabis client's legal fees to NORML for a new membership. This clearly shows that NLC members would rather have their clients involved in their own liberation than just pile up the legal fees.

Seriously: When was the last time you heard about a group of lawyers trying to put itself out of business? One could surmise that NLC members are blessedly crazy, or impressively forward-thinking—or both!

Currently, there are over 550 NLC members nationwide, and nearly all of them will provide a free consultation to any citizen who has recently been busted. They're also usually the best legal counsel to hire regionally on a cannabis- or drug-related charge. You can view a listing of NLC members exclusively each month in the HIGH TIMES Legal Directory, or at [www.norml.org](http://www.norml.org).—Allen St. Pierre, Executive Director of NORML

To contact NORML, call 888-67-NORML or visit [norml.org](http://norml.org).

cannabis prohibition annually, NORML's legal seminars educate lawyers on how best to fight for personal freedoms while minimizing the harm to individuals busted on cannabis charges.

Further—and there hasn't been sufficient public attention to this—NLC members actively support NORML's mission to end cannabis prohibition, even though it means effectively killing off a ready source of their own future income. To this end, numerous NLC members engage in the act of tithing, donating a portion

## FREEDOM FIGHTER

### Dr. Greg Carter bears witness for weed.

Greg Carter, M.D., M.S., has become the expert witness of choice for scores of medical-use patients throughout the Northwest who find themselves in legal trouble. A professor of rehabilitation medicine at the University of Washington School of Medicine, he first became interested in the possible medical applications of cannabis 10 years ago, while seeking more effective treatments for patients with amyotrophic lateral sclerosis (ALS), better known as Lou Gehrig's Disease.

Dr. Carter was the first researcher to report the effectiveness of cannabis in treating multiple symptoms of ALS, including pain, muscle spasms, depression and loss of appetite. This helped spawn further research, and cannabis has now been shown to delay the onset of symptoms and extend longevity in laboratory mice infected with the disease. Also, many ALS patients report that marijuana is their most effective medication in dealing with its symptoms.

When Dr. Carter sought legal advice to help protect himself and his patients, the NORML Legal Committee put him in touch with prominent Seattle criminal defense attorneys Jeffery Steinborn and Douglas Hiatt. Dr. Carter has since provided pro bono (i.e., free) medical expert-witness testimony at dozens of marijuana trials; he has also co-authored the only two peer-reviewed, scientifically based and researched articles on the dosing of medical-marijuana patients. And he has edited numerous books, including the recently updated *Marijuana Medical Handbook*.

"I was asked to edit this since the original editor, Dr. Tod Mikuriya, had passed away," Dr. Carter notes, adding: "That was a big honor for me."—Keith Stroup, legal counsel and founder of NORML



Dr. Greg Carter

## Ask Dr. Mitch



Dr. Mitch, Smoking cigarettes causes lung cancer, but smoking marijuana doesn't? How can this be true? It seems like smoke is smoke.

Cap Buster

Smoke is smoke, but one key ingredient can make all the difference: Nicotine causes tumors to grow, while THC inhibits their growth. I'm oversimplifying a bit here, but you can read a great paper online by Dr. Bob Melamede that explains the process. (For a free download, visit [harmreductionjournal.com/content/2/1/21](http://harmreductionjournal.com/content/2/1/21).) But your best bet, as always, is to vaporize!

My brother says that regular marijuana use decreases the libido. This makes no sense to me!

Anthony Senal

Your brother may be referring to a recent study on rats, which found that some male rats were less likely to climb on top of female rats after 30 consecutive days of getting stoned to the bone. But their dosage was equivalent to a 180-pound guy smoking 80 joints of awesome weed a day, so I wouldn't worry about it too much.

What's the word on marijuana and Alzheimer's?

Rex Senex

We don't have formal data on older users yet, but the animal research (as well as chats with HIGH TIMES staffers) makes me optimistic. Lab work in mice shows that THC definitely inhibits the formation of the nasty plaques that occur in the brains of folks who have this disease. Let's keep our fingers crossed that it does the same in humans!

Is there any truth to the idea of "J-dar"—the notion that people can tell a cannabis user just by looking?

Keith Jefferson

Marijuana users come in all shapes, sizes, genders and ethnicities.

Nevertheless, a student of mine just gathered some data about J-dar that does suggest there's something to it. We used photos of users and non-users, and we excluded pictures of folks with facial hair, dreadlocks, five-leaf T-shirts and other potential giveaways. Even so, the raters could still tell users from non-users at a level above chance. Which means that somehow, in some way, J-dar lives!

Dr. Mitch Earleywine, Ph.D., is an associate professor of psychology at SUNY Albany. He is the author of *Understanding Marijuana and The Parents' Guide to Marijuana*. Got a question for Dr. Mitch? Email him at [420research@gmail.com](mailto:420research@gmail.com).



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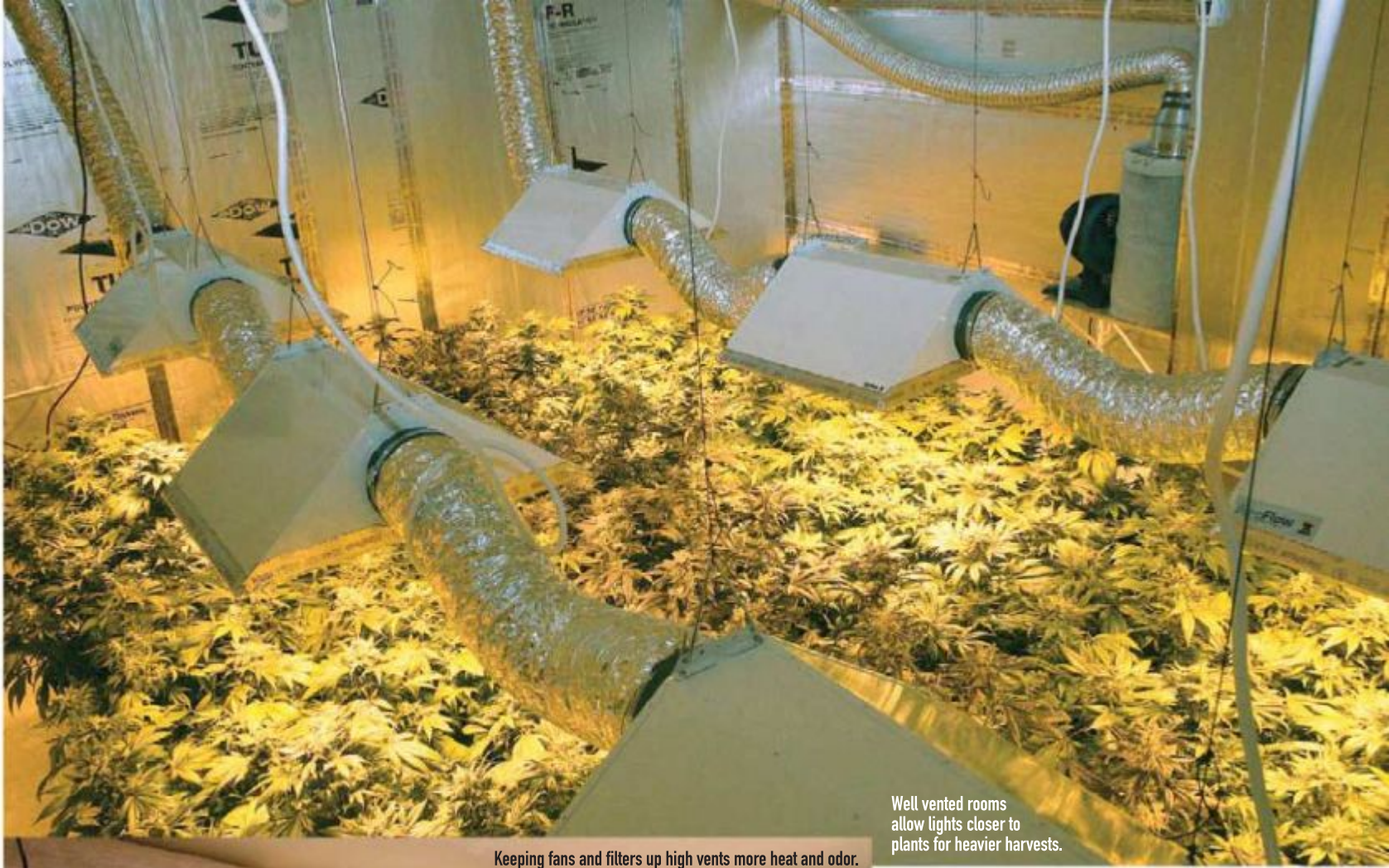


Our **HIGH TIMES** guide to air circulation and odor control tells you everything you need to know about cleaning and venting those telltale hot and smelly particles from your growroom's atmosphere.

BY **BIG CROPPA**

Air-cooled lights vent heat from it's source.





Well vented rooms allow lights closer to plants for heavier harvests.



Keeping fans and filters up high vents more heat and odor.

### How Much Air Do You Need to Move?

Odor always factors into any grow operation. One of the first things I look for when I walk into a grow situation is the type of ventilation the grower is using. The ventilation system can make or break any grow op. These range from can-style filters the size of a person for commercial operations to smaller ozone generators for personal-stash growers. You can also find industrial-strength air fresheners that help disguise the pungent smell of your plants.

The first thing to consider in choosing an air-purification system is the room and its surroundings. Are you using a spare bedroom in the house? A basement that needs to be put to better use? Or is it a straight-up commercial operation? Whichever it is, you'd better have something cleaning the air or those beautiful ladies will draw more attention than you ever wanted. It's usually pretty obvious as you walk up to a grow op whether the grower has that room on lockdown when it comes to odor control.

### Odor Eaters

There are a number of options for odor control on the market, including ozone generators. These filters use ultraviolet-light rays to clean the air passing through them. Ozone generators don't just cover up the smell like air fresheners do: They neutralize the odor at the source and then convert the dirty particles to clean CO<sub>2</sub> and oxygen. These are typically used as an inline duct fil-

ter, or as a stand-alone filter that can be placed inside the growroom itself or in an adjoining room. If possible, try not to put it in your growroom: There's just always something different about plants grown in a room where the ozone generator is kept as well.

Ozone generators are great for people who don't have adequate space for a charcoal filter. The generators come in various models. All of them are relatively small, but they can provide large spaces with ample air filtration: A small generator will clean a room from 1,000 to 5,000 square feet in size. There are also commercial models that clean rooms ranging from 5,000 to 25,000 square feet. These models require an inline fan to pull the air through the larger ultraviolet-light tube.

### Venting Is Good

You should try to vent any air treated by an ozone generator outside the house (as opposed to air treated by a charcoal filter). Ozone-treated air has a distinct hospital-like odor that may not be noticeable by the average person—but any person associated with weed in one way or another will totally recognize it, and you never want to give any hints about your secret garden. This holds true even for friends: The less

people that know, the less trouble you'll have to worry about, I assure you.

Another great choice for air purification is a carbon filter. These filters use chunks of charcoal to absorb the odors and bacteria in the air. I've seen the most success with these types of filters because of the versatility they offer: You can use them to purify the air intake of a room as well as the air that you vent outside. Most of these filters come in the shape of a can, which allows you to hang them from the ceiling or stand them up on one end and connect an inline fan to the other. Another charcoal filter that you'll find readily available is an inline duct filter. These filters are great for venting air-cooled hoods.

### Hang It Up

Most growers choose to hang filters from the ceiling of their growroom, for a number of reasons. One is that by keeping the filter off the floor, it allows more space for your plants and more elbow room for you to work on them. These can filters come in just about any size, from 5 feet tall and 1.5 feet in diameter to filters the size of a 2-liter bottle.

Another reason to hang the filter from the ceiling is that hot air rises, and most growers have a problem controlling the temperature of a room. By exhausting the air that hovers at the top of a room, you can drop the temperature by a few degrees. If you don't have the option of hanging your filter from the ceiling, make sure that you use something to raise it off the floor: Setting it directly on the floor allows the fan to suck dirt and dust particles into the pre-filter of the unit, clogging it up quicker, which puts more strain on the fan as it pulls air through the filter. Setting it on the floor also covers up the charcoal more, making it more difficult for air to pass through and properly cleanse.

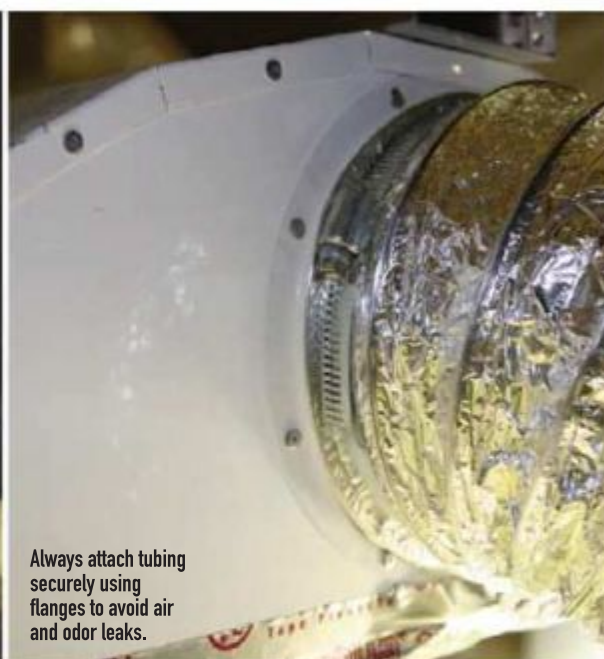


Inline ionizers zap air particles.





Venting lights pulls heat away from the vital "grow zone".



Always attach tubing securely using flanges to avoid air and odor leaks.



Circulation and filtration work together for a perfect growing environment.



This box-type inline filter could be the difference between success and disaster.

## Stay Cool

One grower that I met used an inline carbon filter to cool his lights and warm his house in the winter months. He used sealed 6-inch ducting to connect the air-cooled hoods; the first hood had an open end that drew air from the room, allowing it to be pulled and cleansed as well as cooling the hoods. He also used aluminum duct tape to seal all the glass to the hood, which he said helped keep the system airtight. At the end of his lights, he attached a Carbon 2 inline air filter and then hooked the ducting up to an air vent that flowed throughout his house.

In the summer months, he would hook up ducting to draw air from a cool place in the house to the first light in his setup. He then unhooked the ducting from his house vent and attached it to his washer/dryer exhaust, which flowed to the outside of the house. He said that his electric bill dropped considerably because he only had to use one air conditioner instead of two during the summer, while his furnace was running at nearly 50% of its previous use during the winter months. By using the inline filter in this way, it allowed him to add an extra light in the summer and two in the winter.

Another great thing about using inline carbon filters is the ability it gives you to change the carbon inside the housing. Inline filters use sheet filters very similar to the filters that go in your home furnace—unlike can filters,

which require you to take them apart and replace the actual charcoal. Anyone who's tried that before knows how messy and what a pain in the ass it can be. Most can users just buy a new one and throw the old one out—which isn't always easy, depending on the size of your filter. You can also find carbon air filters for your furnace at any home-improvement store. Putting these types of filters in your furnace will help cut down on the odor and smoke passing through your house. For basement growers, this really makes a difference, since most house furnaces are located in the basement.

## Yes, You 'Can'

If you can't find an inline filter at your local grow store, can filters will work in this capacity almost as well. The only change you have to make is putting the filter at the beginning of your lights and your fan at the end of your lights to pull the air through using the filter. You also have to make sure that your lights are absolutely airtight throughout the ducting and fixtures. You can use caulk and aluminum tape for this; be sure not to use duct tape, since the glue comes undone and loses the seal. (Aluminum duct tape doesn't seem to have this problem.) Duct clamps also work really well for providing an airtight seal with an easy change capability.

## Freshen Up

If filters aren't an option for you, there are always air fresheners. This setup can be as easy as going to the grocery store and buying some plug-ins and time-controlled air misters. If you decide to go this route, I recommend using ones that smell sweet: These air fresheners seem to mix better with the smell of pot and cover up the odor better than other scents.

You can also purchase heavy-duty industrial air fresheners at your local grow store. Ona is the product that seems to have the best success: I know a number of growers who use it and are pleased with the results. You simply place the plastic container in any room where you want to camouflage the smell. Ona also sells a small fan that you can place on top of the canister to help distribute the freshener better. The company has a number of other products that help dispense the air freshener, although some of these can be pricey and not as cost-effective for your growroom.

When all is said and done, your grow op should have some type of air-filtration system hooked up to it, and you should be using some type of air freshener as well. Of course, it can be expensive buying air fresheners at the store every week, so save yourself some money and time by purchasing them in bulk. Just chalk it up as a working expense, because these little things could be the charms that keep you from getting robbed or busted. So keep your operation smelling clean instead of green and all your harvests will be successful. 🌿



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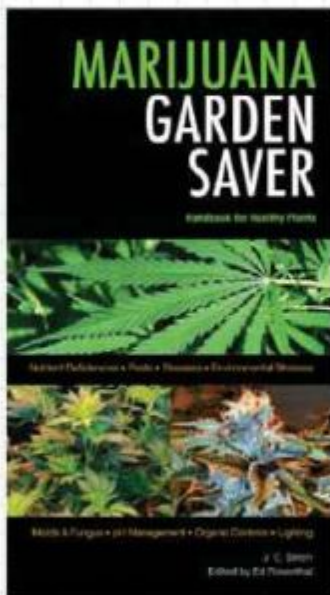
BY DANNY DANKO

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**BELT HIGH**

We've been fans of the dope clothing line called *THTC* for some time now. Based out of the UK, they make inspired hemp hip-hop fashions and "urban eco-wear for the street." Their organic hemp and cotton-combo fabrics are stylish, earth-friendly and functional. Their new *Belt* is the latest sleek accessory to be added to a great line of clothing and hats—and it doubles as a bottle opener as well. Cool design and environmental consciousness make *THTC* (short for "The Hemp Trading Company") a real hit.

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**What does IBOGAINE do?**

IBOGAINE is a powerful tool for introspection, leading patients to an understanding of their addiction and showing them a path out of it.

**Is IBOGAINE available in the U.S.?**

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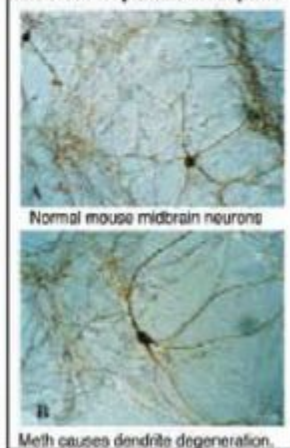
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dopamine neurons suppressed by their drugs of abuse, but also makes more and more GDNF—so addicts can stay clean without additional IBOGAINE.

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IBOGAINE is powerful medicine. Undesirable side effects include ataxia, nausea, and (rarely) bradycardia. In high doses it can be dangerous. In a controlled setting, however, it has been shown to be safe for treatment of addiction, with some patients undergoing profound transformation.

**Is there a potential for abuse?**

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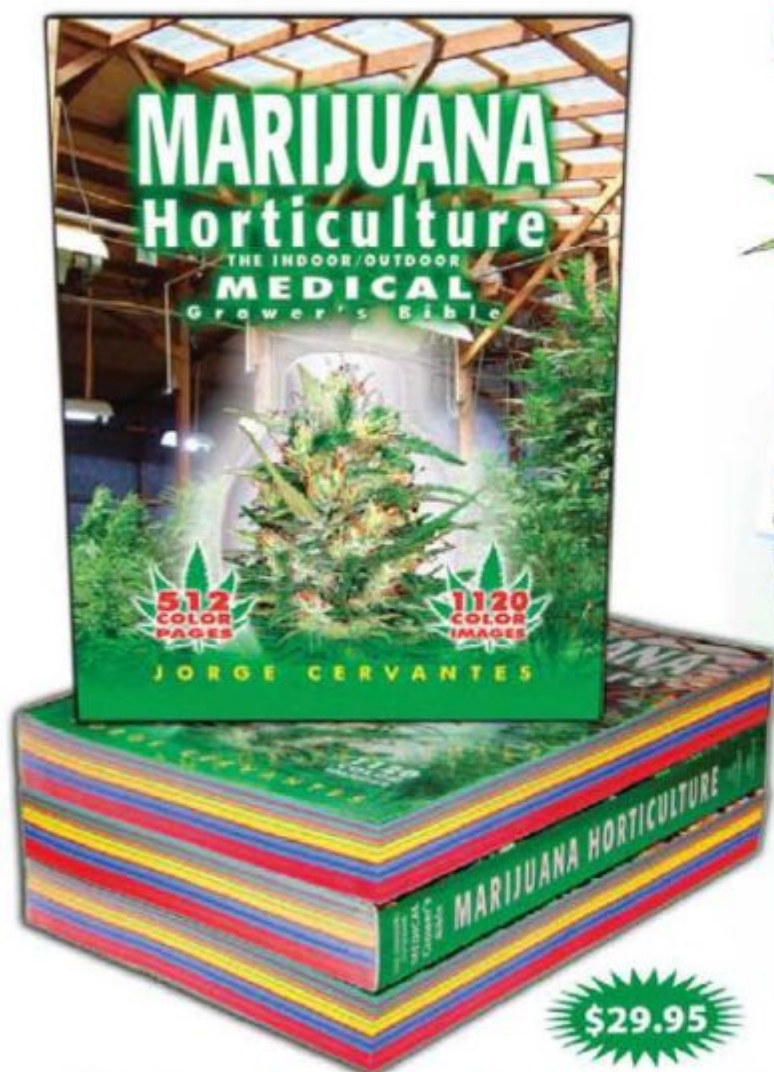
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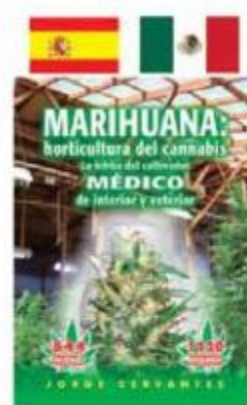


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## ALL YOU NEED TO GROW

ANSWERS & PHOTOS BY JORGE CERVANTES

Growing in a "sealed room" has become more and more popular these days. The climate is controlled by introducing CO<sub>2</sub> and modulating the temperature and humidity with an air conditioner.

### SEALED ROOM

Do I need fresh-air circulation when I have CO<sub>2</sub> circulating in the room? I have a 5-by-10-foot growroom sealed tight. I'm running 600- and 400-watt lamps that are vented from the outside through the lights and then outdoors again. I have an air conditioner and a humidifier. I'm running CO<sub>2</sub> from a bottle with a regulator. Do I need to put in a carbon-filter system to vent the room every so often and bring in fresh air?

*Anonymous  
Via Internet*

Dear Anonymous,

You are growing in a "sealed room," which has become very popular in the last couple of years. I understand that the heat generated by the lamps (both ballast and bulb) is directed outside the growroom so that it has minimal effect on the temperature. The air conditioner is changing the air in the room, and the CO<sub>2</sub> levels are more than adequate. Therefore, plants should grow just fine in your sealed room. One word of advice: Make sure the drainage water from your air conditioner falls inside. Drainage water from an air conditioner carries the fragrance of cannabis and must be controlled.

### AUTO-FLOWERING FEMINIZED SEEDS

Is Lowryder stable enough to breed? Will the seeds I take from the buds keep the same characteristics as the originals? How is the yield and potency? I'm trying to simplify and eliminate the cloning process.

*Bigg Huey  
Via Internet*

Dear Bigg,

Lowryder is one of the most innovative plants to hit the cannabis scene. In fact, this plant could help change the landscape of growing both indoors and outdoors forever. Lowryder was developed by the Joint Doctor, a Canadian grower with Central European roots. It's a cross between *Cannabis ruderalis* and Northern Lights. *Cannabis ruderalis* is the only plant that is auto-flowering (a.k.a. daylight-neutral): It flowers within the first few weeks regardless of the hours of light or darkness it receives. In other words, you can plant Lowryder seeds under 24 hours of light and they will be done flowering in nine to 10 weeks! The entire life cycle of the plant is completed in less than 10 weeks.

Potency and yield have been big problems,

however. The plant is somewhat stable and yields a low percentage of homogenous plants. Some Dutch breeders have managed to produce relatively stable F1 crosses with other higher-yielding strains. Until this year, Lowryder would yield a measly 10 to 15 grams (up to a half-ounce) per plant, and the quality was lacking. Since then, several companies, including Dutch Passion and Mr. Nice (Shantibaba), have crossed Lowryder with other strains to improve the yield and potency, and they have also feminized their strains. Combining auto-flowering and feminization in one plant completely changes the way you can grow: By planting feminized auto-flowering seeds, you can harvest ripe buds in less than 10 weeks and eliminate the cloning process.

So you can spend the next few years working up your own stable, potent, high-yielding Lowryder F1 cross, or you can take advantage of what other breeders have produced. New feminized auto-flowering strains include Taiga and Tundra from Dutch Passion ([www.dutch-passion.nl](http://www.dutch-passion.nl)), and the auto-flowering, feminized SkyRyder and CriticalRyder developed by Shantibaba and marketed by Vu-Du ([www.vu-du.com](http://www.vu-du.com)). Definitely check these sites and seeds out.





Flowers finish in seven weeks on this Pamir Gold plant from Dutch Passion. Early-flowering, cold-resistant plants are difficult to find.



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**BUDGET GROW**

I'm just starting to grow and have limited funds. Is it even worthwhile to try and flower plants if I use ten 40-watt fluorescent tubes? Will the yield be worth it? Also: Jorge is the bomb!

*E. J.  
 Via Internet*

Dear E. J.,  
 You should give compact fluorescent lamps (CFLs) a go: They're inexpensive (a 65-watt lamp runs \$30) and very bright for the buck. CFLs are available in many sizes and shapes, from curly bulbs to slender tubes. Find them at Home Depot in the lighting section or at your local hardware store. Standard fluorescent tubes don't supply enough light to grow respectable buds, though they do supply enough light to grow clones and foot-tall seedlings. Do a Google search on "marijuana CFL" and you will see just how successful growers on a budget can be.

**BUDGET GROW 2**

I'm a big fan of the everyday tokes and want to enjoy the fruits of my own harvest, but I live in the United States. I'm a complete dummy when it comes to gardening. Should I read basic gardening books before starting to read your books, or should I just go straight to it and see how my luck is? I'm in desperate need these days to keep my money in my own pocket.

*Ladybeginner  
 Via Internet*

Dear Ladybeginner,  
 Take a tokes, hold it and do it again! When it comes to enjoying the fruits of your labor, gardening is easy and fun. Plants grow all around you, and you interact with them daily: You eat plants, you wear plants, you see plants and touch plants every day of your life. Now all you need to do is progress one step further and grow plants. Fortunately, you've chosen an easy one—cannabis, a.k.a. marijuana.



Setting up a simple, inexpensive growroom is as easy as hanging a CFL, planting some seeds or clones in containers, and then putting them on a tray.

I suggest that you take a look at the last few issues of HIGH TIMES, and also hit the hightimes.com site and surf to the "Grow" section located in the bar near the top. There you'll find plenty of helpful articles, including many of my Jorge's Rx columns (complete with photos), to peruse for free. You can also find a lot of growing instructions on the Internet, but they are sometimes complicated and difficult to follow. Nonetheless, the Internet is a great place to share growing stories and get your questions answered.

Next, invest in a basic grow book. Don't buy one that's too complicated or confusing to you. Follow the basic steps: Start with good seeds, soil and sunlight if you're growing outdoors. If you're growing indoors, set up a small growroom with a compact fluorescent lamp for seedlings, clones and mothers, and a 400-watt lamp for flowering. Make sure to have plenty of ventilation and use clean water. If you're still confused, surf the Net and purchase a simple gardening book.

**DISFIGURED LEAVES**

I purchased the latest edition of your bible (*Marijuana Horticulture*). I am very happy and blessed to receive this kind of knowledge for medical purposes. My problem is this: I received a clone about



a week ago; the leaves are misshapen and disfigured in a spirally fashion, and I can't find anything in your book/website to tell me why! Do I have what is considered a "retarded clone"? I put this clone under a 150-watt high-pressure sodium (HPS) light with a red, yellow and orange spectrum. Was this bad? I've since turned the HPS off and put the clone under a fluorescent lamp. Any help you can give me is beyond the realm of appreciation. Thank you, Jorge—you are a true scientist of the best natural medicine on this planet.

Clive B.  
Via Internet

Dear Clive,  
I'm not quite sure what your clone has, but it doesn't sound good! It sounds like the clone is suffering from a virus or is hypersensitive to something—a fertilizer, perhaps. Or it could be a hormonal imbalance or confusion. I have seen leaves curl when the plant is forced from flowering back into vegetative growth. The light spectrum should have little or nothing to do with the ailment.

Trying to cure the clone is a matter of checking the soil and plant for problems. The easiest check for pythium is to cut the stem at the base (though it's not a possibility here). Viruses, unfortunately, are virtually impossible to detect. Over-fertilization can be remedied by leaching the soil of nutrients.

Your best bet is to toss the clone out and find new genetic material. This clone will continue its distorted growth, possibly through flowering. The chances are very good that this clone will be more susceptible to pests and diseases, and it will yield less for sure. My rule of thumb is to toss the weird stuff out; I usually devote little discussion to such plants in my books, except in the sections on pests and diseases and culture and nutrients.

### MITICIDE DIP

How do you make a miticide to dip clones into? Can you make one with neem oil?

Vickie S.  
Via Internet


Dear Vickie,  
All you need to do is mix your commercial miticide (I like Einstein oil with a neem base) as per the instructions on the label and pour it into a clean, open plastic container that's big enough to accommodate the entire clone. Use clean water with a pH of about 6.0. Dip the cuttings and seedlings into the miticide before moving them into the vegetative room. This little bit of effort virtually ensures mite-free plants!

### WHITHER MEDICAL CANNABIS?

I'm taking agricultural biotechnology in school. My dream is to create the perfect marijuana for chemotherapy patients, as my aunt and uncle both were diagnosed with a form of cancer this year (at stage 4 out of 5). Can you point me in the right direction to go—the right country, the right organization, the right greenhouse, the right time? I'm a newbie and have three years before I finish school. It would be great to know the right step forward to maximize my education so that not a moment is lost.

George  
Via Internet

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## JORGE'S RX

Direct cool air into the room from below.



Dear George,

Good question. I'm sorry to learn of your aunt's and uncle's diagnoses; my own father suffered and died from cancer.

I sincerely believe that the future of cannabis as a medicine lies in unlocking the mystery of the 60-plus cannabinoids besides THC contained in the plant and combining them in specific plant genetics to form herbal medicines, as well as separating them into synthetic drugs. As you may know, in 2001, GW Pharmaceuticals ([gwpharm.com](http://gwpharm.com)) was licensed in the UK to work with cannabis for medical purposes. This led to the famous products Sativex and Oromucosal Spray. Both products deliver cannabinoids directly to the system: Sativex uses a sub-lingual liquid applicator, and Oromucosal Spray is a nasal spray. Sativex is approved and marketed in Canada for the pain relief of multiple sclerosis and other illnesses.

The tetrahydrocannabinol (THC) molecule in the cannabis plant is stable, but the volatile oils and terpenes change with each strain. It's the mix or "cocktail" of all of these cannabinoids, including the volatile oils and terpenes, that bring specific relief for different illnesses—nausea, vomiting, muscular and neurological pain, etc. You can find an interesting discussion about the role of terpenes in cannabis at [420magazine.com](http://420magazine.com).

## SPORADIC BUD GROWTH

My friend has some plants in the flowering stage that should be about ready to harvest, but the tops of the buds just sprouted another inch or two—it's like the stems just shot up. I thought that plants weren't supposed to grow in the flowering stage except to produce buds. Should he let the rest of the plant fill out, or should he clip them back and harvest them on time? The trichomes look ready

also, and any answer would be appreciated.

Den  
Via Internet

Dear Den,

Buds developing new growth after the plants are ripe is relatively common, especially in somewhat unstable strains. Your friend's plants were ready when the new shoots started growing out of the buds. In fact, there are chances that he'll find some "bananas" (small male flowers) on the new sporadic growth. Your friend should check his plants for these little "bananas" and carefully remove them. If they've already opened, he should lightly spray them with water or moisten them with a wet paper towel to subdue the pollen. Or he could keep the pollen dry and carefully remove the little male flowers containing it, and then use that pollen to back-cross the female from which it grew to make feminized seeds.

## BULGARIAN GROWERS

We are two enthusiastic fellows from Bulgaria who have experience in horticulture but almost no experience in growing marijuana. We would like to translate and publish your book *Marijuana Horticulture: The Indoor/Outdoor Medical Grower's Bible* into the Bulgarian language.

There is almost no information on the cultivation of marijuana in our country. Therefore, we expect great interest in the publication of the book in Bulgaria. Please consider our proposal and let us know your opinion on the matter.

We look forward to hearing from you.

Atanas & Jivko  
Via Internet

Dear Atanas & Jivko,

Your request is heart-warming! Just a few years ago, there was little information available in lan-



guages other than English and Dutch. Now there's good information in German, French, Spanish and Italian, too. The Internet seed revolution has reached all over the world, and now growers need good information to grow the best marijuana.

One of the best examples I know of is in Spain. In the late 1990s, seed sales started to increase here; today, there are over 20 Spanish seed companies with many new strains that grow well in different climates. The "Latin connection" in Spain brings in more strains from Latin America as well as involving new breeders. More people are growing, and more new strains are available. For Americans, Canadians and Europeans, this means a larger seed selection that can be grown in different climates.

Thanks so much for the email. In the last few months, I've received very similar requests from prospective publishers in Croatia, Hungary, Poland, Portugal, the Czech Republic, Brazil, Greece, Turkey and Japan. I will send you a copy of my latest book, *Marijuana Grow Basics*, to look at in the next few weeks. This 240-page book should be better suited to your needs.

### SPINOUT

I'm having an impossible time locating Griffin's SpinOut. Are there any online sources you recommend?

Elliot  
Via Internet

Dear Elliot,

SpinOut (also called Griffin's SpinOut) suspends copper hydroxide in paint. The paint is applied to the inside of grow containers. Roots will not grow into the coating of copper hydroxide. When roots come into contact with SpinOut on the inside of the container, growth is inhibited: Tip elongation stops and lateral growth is stimulated, creating a dense, profuse, fibrous root system. Plants take in more nutrients, grow stronger and can be held in smaller containers for longer.

Professional nurserymen have been using the copper compound to chemically prune roots for years. They use it because numerous studies show a 50% to 150% increase in flower production as well as the increased ease in cutting maintenance. You can learn more about SpinOut as well as buy it at [sepro.com](http://sepro.com). ✨

Note: Some of the photos in this column are from *Marijuana Grow Basics: The Cannabis Aficionado's Easy Grow Guide*, \$21.95, Van Patten Publishing, available June 2009.

*Jorge Cervantes is the author of Marijuana Horticulture: The Indoor/Outdoor Medical Grower's Bible (January 2006), Jorge Cervantes' Ultimate Grow DVD (shot in BC) and Jorge Cervantes' Ultimate Grow DVD II (shot in Spain), Indoor Marijuana Horticulture: The Indoor Bible, Marijuana Indoors: Five Easy Gardens, Marijuana Outdoors: Guerrilla Growing and Jorge's Rx. He writes for 20 magazines in seven languages. Jorge's books are published in Dutch, English, French, German, Italian, Russian and Spanish. Hit [marijuana-growing.com](http://marijuana-growing.com) for more information.*

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**GARDEN CALENDAR**

**OUTDOORS**

Warm weather is now with us! The last average day of frost has passed in all but the coldest climate zones. Plants can be moved outdoors in most climates. If temperatures dip below 50°F at night, protect plants with a plastic greenhouse or move them indoors if possible.

Seeds should already be in hand, since seed stock tends to start running low and selection is limited. A quick trip to Canada, Holland, Italy, Spain or Great Britain might be in order to purchase seeds personally. Cull out light-colored weak seeds from your collection. Germinate seeds in several batches to ensure success.

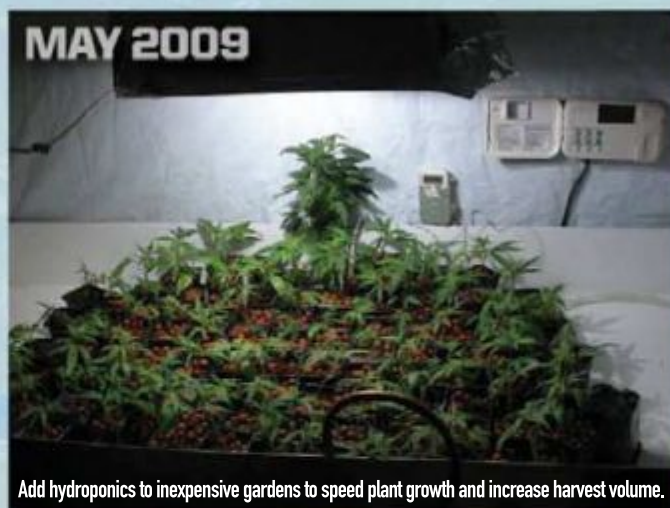
Start working soil in old planting patches and break ground in new locations. Always take a little extra time to explore new planting sites. Carry a sharp folding shovel to facilitate testing soil and clearing weeds and brush. Amend soils with compressed coco bricks and slow-release organic fertilizer. If the soil is too wet and cold to plant, wait until next month.

Be security-conscious. Natural foliage dieback will create a well-worn telltale path to your patch. Take a new route each time to avoid detection.

Plant seedlings and clones in a plot where they receive a minimum of five hours of direct midday sunlight—any less and your buds will be substandard. Also, planting plots should contain good soil and be close to a source of irrigation water. Dig your planting holes big: Holes 3 feet deep and 3 feet wide will grow big, big plants.

Germinate seeds and take clones to plant outdoors next month. Plant them outside when they're up to 1 foot tall for best results. Tender plants grown indoors must be hardened off before they can be planted outdoors successfully.

Transplant seedlings deep in the ground; remove one to four sets of leaves first. The subterranean stem will soon sprout roots. Make sure that two to



Add hydroponics to inexpensive gardens to speed plant growth and increase harvest volume.

three sets of leaves are above ground and the rest of the plant is below ground.

Apply snail/slug bait around plants. Mollusks will wreak havoc with tender new seedling and clone growth. Cover plants with chicken wire to protect them from rabbits and deer. Apply natural granular Bt (*Bacillus thuringiensis*) to kill caterpillars.

Harvest spring crops! If you took the time to plant a crop two months ago, you can enjoy the fruits of your labor now!

**INDOORS**

Spring brings warm daytime weather, but temperatures often fall sharply at night. The newly warm daytime weather could cause plants to absorb fertilizer and water at different rates. Check the pH and EC (ppm) of the nutrient solution daily and keep it adjusted. Check runoff water: The pH and EC should be lower than the input solution. If the runoff's pH and EC levels are high, toxic fertilizer salts have built up in the soil and need to be flushed out to avoid serious problems later. Flush containers with three times the volume of a mild nutrient solution to the quantity of substrate.

Humidity levels should stay about 50% in the flowering room and about 60% in the vegetative room both day and night to avoid problems with most pests and diseases. Plant growth slows above 75°F and essentially stops above 85°F.

Examine foliage for disease, insect and spider-mite dam-

age. Check leaf undersides for insects, spider mites and their eggs. Search for discolored spots. An inexpensive 10x loupe will aid in recognizing problems. Spot-spray small populations of pests and blanket-spray infestations. Two of my favorite miticides are Whimire's Exclude and Einstein (neem) oil. Make sure that tools and clothes—especially shoes—are clean when entering the growroom.

Check carbon filters to ensure they're running efficiently. High humidity—above 80%—will block carbon pores and make the filters ineffective. Change the carbon and outside dust filters per the manufacturer's instructions.

Nosy kids and neighbors are out snooping around more as the weather warms. Perform a security patrol outdoors around your grow area. Look and listen carefully for any telltale humming noises, vibrations, light leaks, fans turning on and off, etc. Make sure there are no traces of cannabis growing anywhere around the house (including in the garbage). Sniff around on a still, windless night for the unmistakable fragrance of marijuana.

Take clones two to three weeks before harvest. Germinate seeds about two months before harvest so they're ready to move into the flowering room.

Harvest ripe, resin-dripping plants.

Clean room thoroughly and move in the next crop of clones. ✨



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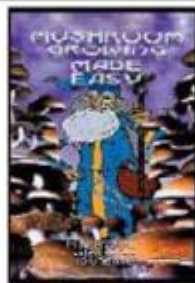
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### YES SIR, BIG SUR

Cultivation Editor Nico Escondido hits Cali's central coast—from Malibu to Big Sur. His travels take him into the heart of our West Coast anchor, where growing and smoking aren't just pastimes, they're a way of life! Don't miss how-to hydro excerpts in the land where superior indoor crops are a family tradition.

### THE BIG DEAL WITH B-REAL

B-Real is back with a new solo joint, *Smoke N Mirrors*. HIGH TIMES passes the peace pipe with this heavy hitter of Hip Hop and along the way learns how to roll a "Birthday Cake."

### EXPLORING THE WORLD OF SALVIA DIVINORUM

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### HIGH TIMES INTERVIEW: RICK DOBLIN

As head of the Multidisciplinary Association for Psychedelic Studies, Rick Doblin has gotten FDA approval to study MDMA-assisted psychotherapy, undertaken the first study analyzing the effectiveness of marijuana vaporizing, and obtained final approval for the world's first LSD study in more than 30 years.

**PLUS:** Plan your summer *high* jinks now with the HIGH TIMES music festival guide; Zach Cregger, star of *Playboys*, drops in.

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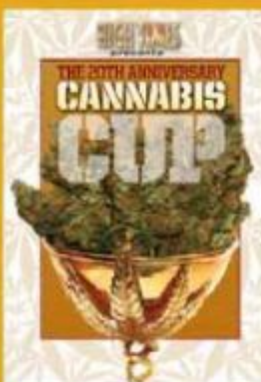
**NEW**

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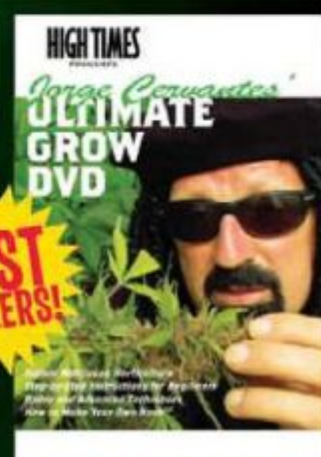


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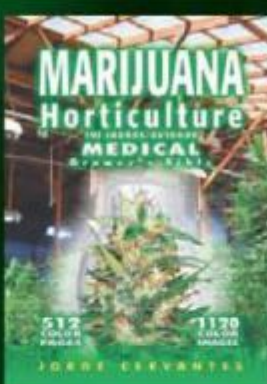


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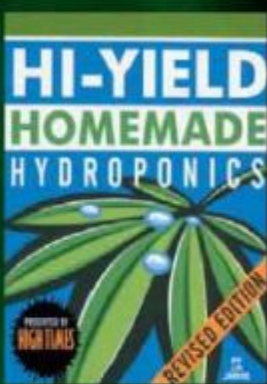


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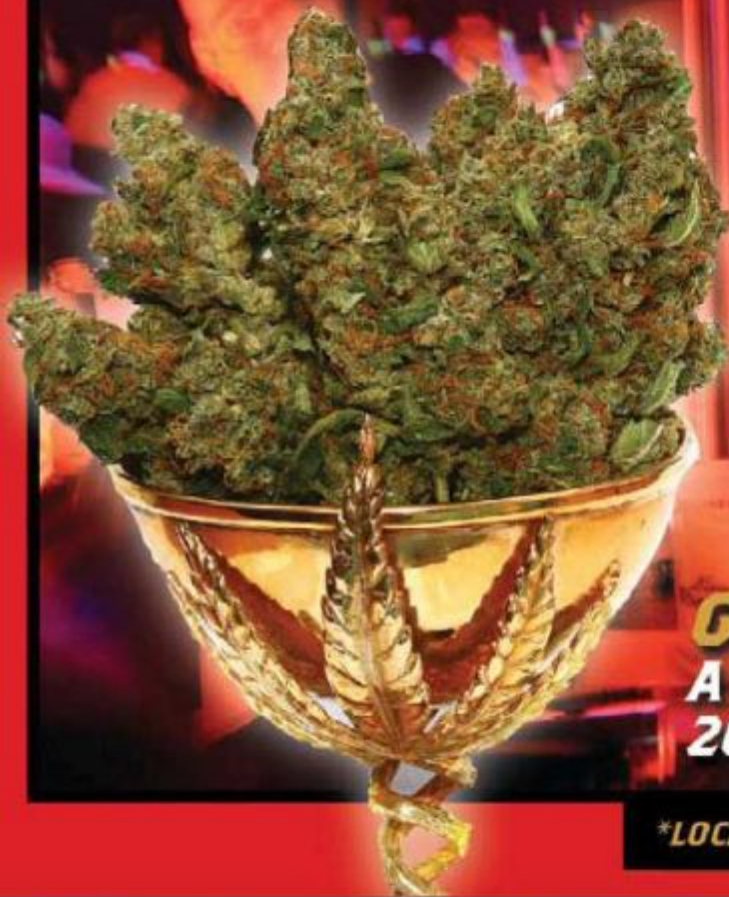


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PAYABLE IN US DOLLARS FROM ANYWHERE IN THE WORLD





# ONTARIO SEED BANK

**NORTH AMERICA'S FIRST AND ONLY LEGAL SEED SHOP**

## INTERNET WATCH



**YOUR ONLINE PURCHASES ARE NOT A SECRET**

**SCRAP THE LAPTOP AND SHOP IN PERSON OR CALL OUR DELIVERY LINE**  
**416-255-9333**

**AWARD-WINNING STRAINS IN ORIGINAL PACKAGING RIGHT FROM THE 'DAM**

**FAST FREE DELIVERY on orders over \$25**



**ONTARIO SEED BANK**



**416-255-5355**

**www.ontarioseedbank.ca**

3351 Lake Shore Blvd W - Toronto, ON M8W 1N1  
MON to SAT 10am - 7pm | SUN 10am - 4:20pm

**DEATH TO ALL WANNABES**



Canadian owned and operated.

Directions: Take QEW Toronto to Cawthra Rd exit, then south on Cawthra to Lakeshore Blvd. Go east on Lake Shore Blvd for 5 miles. Look out for the neon '420' sign on the south side of the street.





# ONTARIO SEED BANK

## NORTH AMERICA'S FIRST AND ONLY LEGAL SEED SHOP



### AWARD WINNING STRAINS

OFFICIAL COMPETITOR  
HIGHTIMES Cup

## BULK PACKS

**SAVE LARGE!**  
XXX-420 \$200 50pk  
SKUNK \$250 50pk

**N-LIGHTS** \$300 50pk  
**H-PLANT** \$300 50pk  
**W. WIDOW** \$350 50pk

## WORLD BRANDS IN ORIGINAL PACKAGING!

### ONTARIO'S BEST

- OB1 WHITE WIDOW 10pk
- OB2 BIG BUD
- OB3 NORTHERN LIGHTS
- OB4 H-PLANT
- OB5 SUPER SKUNK
- OB6 PURPLE SKUNK
- OB7 SWEET TOOTH
- OB8 SKUNK #1
- OB9 XXX-420
- OB10 AFGHANI
- OB11 BLACK DOMINA

### DNA

- D1 CANNADENTIAL 13pk
- D2 C13 HAZE
- D3 CANNALOPE
- D4 CONNIE CHUNG
- D5 D-LINE
- D6 L.A. CONFIDENTIAL
- D7 MMG
- D8 RECON
- D9 ROCKLOCK
- D10 SHARKBREATH
- D11 SOURCREAM
- D12 SUPERLOPE
- D13 SWEETHAZE

### PARADISE SEEDS

- P1 BELLADONNA 10pk
- P2 DURGA MATA
- P3 DUTCH DRAGON
- P4 NEBULA
- P5 SENSI STAR
- P6 SHEHERAZADE
- P7 SWEET PURPLE
- P8 AMSTERDAM FLAME
- P9 SUGAR BABE
- P10 SWISS BLISS
- P11 MAGIC B
- P12 ROX - NEW
- P13 SATIVA SPIRIT - NEW

### SOMA SEEDS

- S01 LAVENDER 10pk
- S02 NYC DIESEL
- S03 SOMANGO
- S04 BUDDHA'S SISTER
- S05 ROCK B
- S06 AMNESIA HAZE
- S07 KAHUNA
- S08 CITRALAH
- S09 WHITE LIGHT
- S10 SOMAUI

### SERIOUS SEEDS

- SE1 CHRONIC 11pk
- SE2 BUBBLEGUM
- SE3 KALI MIST
- SE4 WHITE RUSSIAN
- SE5 AK 47

### DUTCH PASSION

- DP1 SKUNK #1
- DP2 POWER PLANT
- DP3 OASIS
- DP4 CAL. ORANGE
- DP5 MAZAR
- DP6 WHITE WIDOW
- DP7 BLUEBERRY
- DP8 FLO
- DP9 SKYWALKER
- DP10 STRAWBERRY COUGH

## FREE PACK

WITH ORDERS OVER \$250

WE HAVE FEMINIZED

FREE DELIVERY on orders over \$25

## SHOP IN PERSON IN A SAFE ENVIRONMENT



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